

Real-Girl **STYLE BLOWOUT!** 250+ Ideas For You!

seventeen

763

**Fashion
Tips
& Beauty
Tricks!**

PLUS: The Best New
Jeans For Your Body!

FREE PERFUME

See Page 25

**MAKE
\$150
BY FRIDAY**
Then Hit The Mall!

MARCH 2010

\$2.99

0 3>



0 74820 08176 1
seventeen.com

Win A
\$10,000
Shopping
Spree!
Enter To Win—P. 24

**Lauren
Conrad**

Her Weird Habits,
Hot Boyfriend &
Steamy New Book

FREE
Spring Break
PARTY IDEAS

GUYS & SEX

What He's
Too Embarrassed
To Tell You

BOOST YOUR
**BRA
SIZE**
(In 1 Month)

**Fun
Spring
Makeup**

17 ALERT!

Can You Catch An Eating Disorder From Your Friends?



© Clinique Laboratories, LLC

Block a blemish.

How Clinique controls oil, refines pores. As in instantly.

Clarifying Lotion gently whisks away excess oil and dead, flaky skin before they clog pores. So yes—it's worth repeating—you can block a blemish. Keep skin out of trouble. Even banish shine.



It's unique because dermatologists developed different strengths to keep all skins clear, smooth, glowing. One is yours. When you see the instant difference, you'll want to keep going. And it's priced so you can. Here's to life in clear skin. What the dermatologist taught us at clinique.com

CLINIQUE

Allergy Tested. 100% Fragrance Free.



Salon Manicure Made Simple.

Finally, all 5 steps of a salon manicure in 1 bottle.

NEW

- ✓ Base Coat
- ✓ Strengthener
- ✓ Growth Treatment
- ✓ Color
- ✓ Top Coat

9 out of 10

Salon professionals preferred
our formula to the
leading salon brand.

With patented
Vita-Care Technology for
advanced wear, more shine,
and nourishing care.

42 Salon-Inspired Shades

Go to:
completesalonmanicure.com
and "try them all" with our
exclusive Shade Selector.

Sally Hansen
Beauty that Works

Toluene, DBP and Formaldehyde Free.

© COTY US LLC



BE THE NEXT L.E.I. MODEL CITIZEN

What does **life energy and intelligence** mean to you?
You could be featured in L.E.I.'s advertising,
receive a college scholarship and much more!
Go to leimodelcitizen.com for a chance to win.

Lei.

Only at **Walmart** 
Save money. Live better.

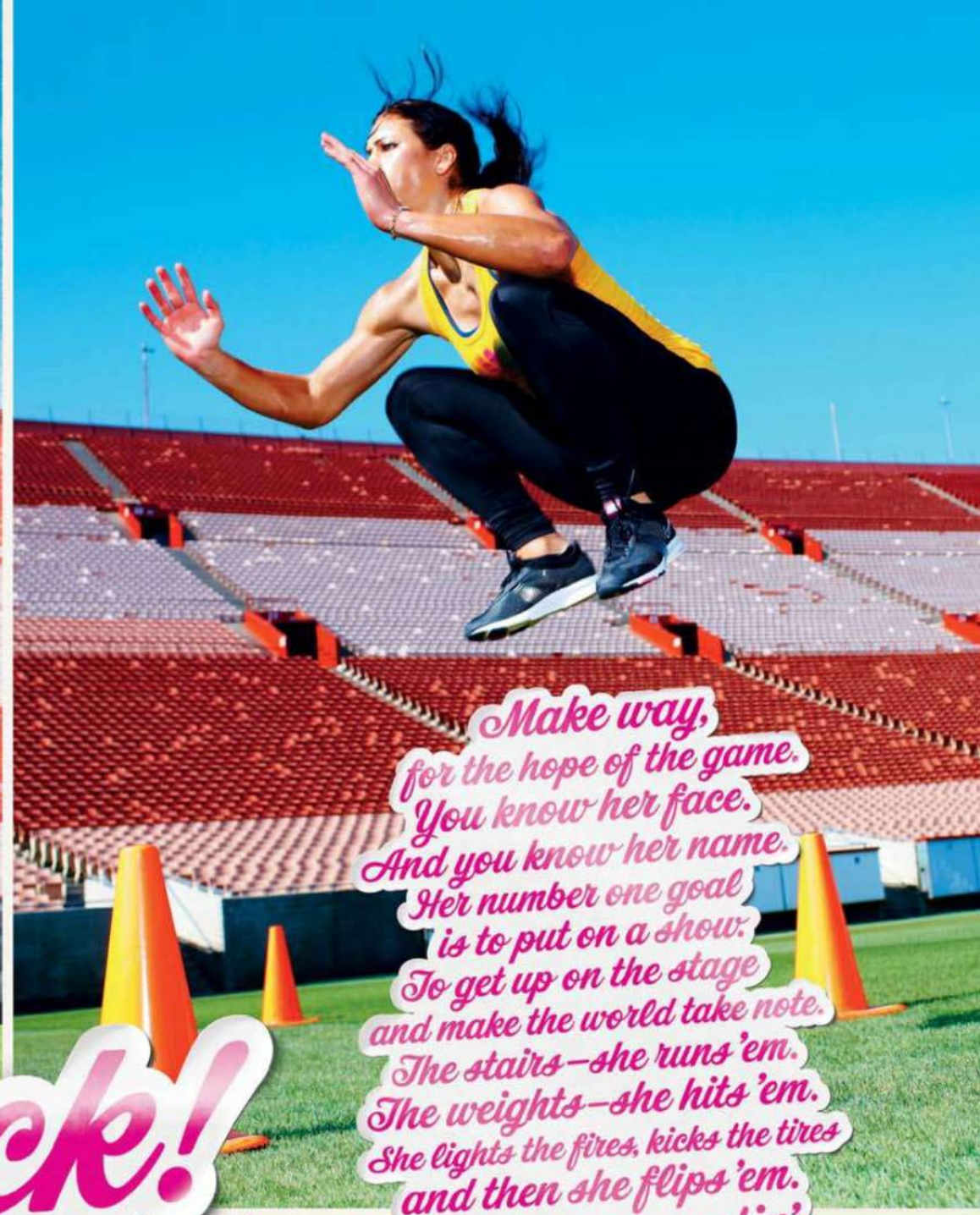
*Delicious
training*



*Hope Solo kicks it in training essentials,
available at nikewomen.com*

Return of the





*Make way,
for the hope of the game.
You know her face.
And you know her name.
Her number one goal
is to put on a show.
To get up on the stage
and make the world take note.
The stairs—she runs 'em.
The weights—she hits 'em.
She lights the fires, kicks the tires
and then she flips 'em.*

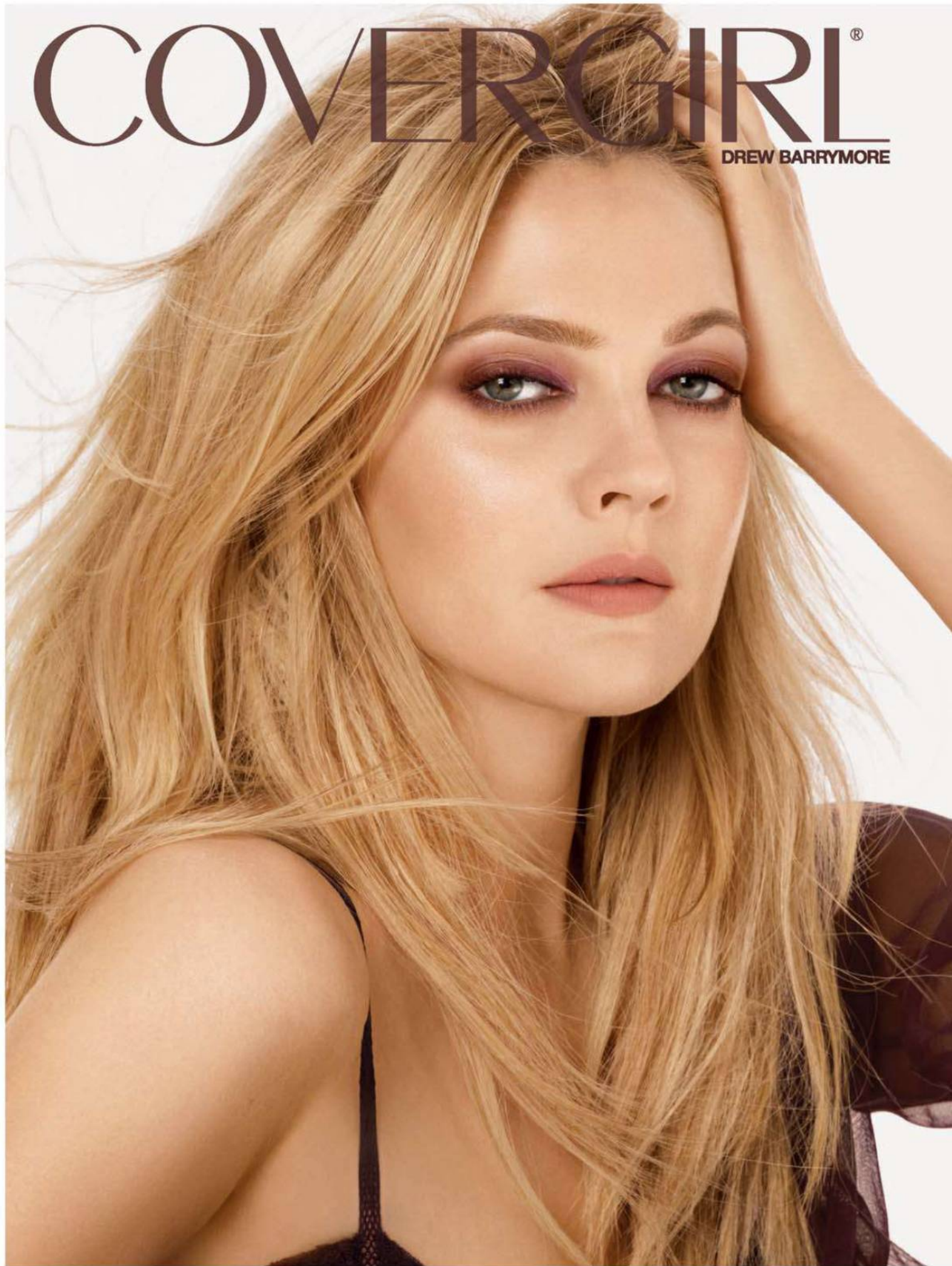
*She's representin'
for the home of the brave.
No rest for the wicked,
when you got a game to save.*

mack!



COVERGIRL®

DREW BARRYMORE



the colorful smoky eye made easy— like having a makeup artist at your fingertips!

new smoky shadowblast

It's a smoky eye tool + makeup artist all in one brilliant shadow stick! Available in six expertly coordinated duos with specially shaped ends, Smoky ShadowBlast lets you create the colorful smoky eye in just two easy steps. Talk about a smoke of genius!

easy breezy beautiful COVERGIRL

Drew Barrymore is wearing Smoky ShadowBlast in Purple Plume.



MATCH YOUR
DEPARTMENT STORE
SHADE FOR LESS
@ COVERGIRL.COM

A high-energy photograph of the singer Demilovato performing on stage. She is wearing a black leather jacket over a teal shirt and black pants, holding a microphone and smiling. She is surrounded by a crowd of fans with their hands raised, and bright stage lights create a vibrant, colorful atmosphere.

got milk?®

Make a splash.

On stage I get my energy from my fans.
Off stage I dive into a glass of lowfat milk. The protein and
other nutrients keep me rocking. Here we go again!

body  milk.

bodybymilk.com/demilovato

DEMILOVATO ©2009 AMERICA'S MILK PROCESSORS

www.journal-plaza.net & www.freedowns.net

seventeen MARCH 2010



40
hot rings for
just \$8!

p.29 THE ULTIMATE SPRING TREND REPORT!
The looks everyone will be talking about!

fashion

- 40 Super Spring Bargains** Score the cutest spring trends for just \$20 or less!
- 42 Be the Best-Dressed Girl at Prom!** Such pretty looks, how will you pick?
- 44 Juicy Shopping Secrets** Awesome finds at the mall, plus a coupon to one of your fave stores.
- 46 Meet the New Style Council!** You'll love how these girls rock the season's best looks.
- 54 Steal of the Month** Get a designer dress for \$60.
- 56 The Coolest New Jeans (For Your Body!)** The sexiest pairs for your shape!
- 104 Style Starts Here!** Interns for the hottest fashion designers share their insider tips.
- 116 Your First Look** Check out the Olsen twins' super-chic new clothing line!

beauty

- 60 Fresh Spring Looks for You** Five beauty experts bring you the latest spring makeup ideas.
- 68 Your Beauty Obsessions** It's easy to see why you'll go crazy for the 10 products on this list!
- 70 All New Hair Ideas!** So simple, so pretty.
- 72 Get Flawless Skin Now!** How to shrink a zit, minimize shine, and more.
- 74 Makeup Switch-Ups** Lucky you! Our Beauty Smarties give your look a fresh spin.
- 110 I ♥ My ...** Play up your unique features!

on the cover



p.124 BRIGHT IDEA
Spring's boldest shades made pretty for you!

your fave
makeup picks!

68

- 76 Get Amazing Curves!** This fun new workout gets you in shape—fast.
- 79 Food That Makes You Prettier!** Yummy treats to clear your skin and whiten your teeth.
- 80 What Guys Really Think About Sex** Read their shocking answers *before* your next hookup!

your life

- 90 “Nothing Can Stop Me From Playing Soccer!”** Bree lost her leg, but not her drive to win.
- 92 The Truth About Sororities** One Freshman 15 has the inside scoop you need.
- 93 Help Keep Kids Alive!** Join Selena Gomez’s special mission.
- 94 Make \$150 by Friday!** No job required.
- 130 Can You Catch an Eating Disorder?** Your friends could be making you sick! Read the signs.



p.134 CHEAP SPRING BREAK FUN Have the best staycation ever!



p.84 MEET GREAT GUYS! How you and your BFF can make it happen.

love life

- 86 Weird Things Dudes Do Before a Date** Wait, he spritzes his body spray where!?
- 88 “What I Learned From Long-Distance Love”** How Tanya makes her relationship work against all odds.
- 120 Yo-Yo Dating** What to do if you’re feeling jerked around.

and...

- 16 March Freebies!** Score a super-cool bag this month.
- 18 Hi From Ann!** Her best-kept beauty secrets!
- 22 What You Think!** Your take on our Dec/Jan issue.
- 25 Get Lauren’s Sunny Glow** So easy with our tips!
- 98 Lauren LC** shows you how to get what you want.
- 138 Traumarama!** Hilarious goofs.
- 140 March Horoscopes** Juicy predictions!



140
Happy birthday, Pisces!

WANT TO WIN \$500???

Take our **reader-feedback survey** online. See page 137 for details, or log on to survey.seventeen.com.

seventeen.com

FREE MAKEOVERS!

It's so easy to try a new look! Just upload your picture to virtually change your hair color, length, and style. (Plus, steal your favorite celebrity hairstyles in an instant!) You can also try on all the hottest makeup trends to see what works for you *before* you head to the store. Go to seventeen.com/makeover!



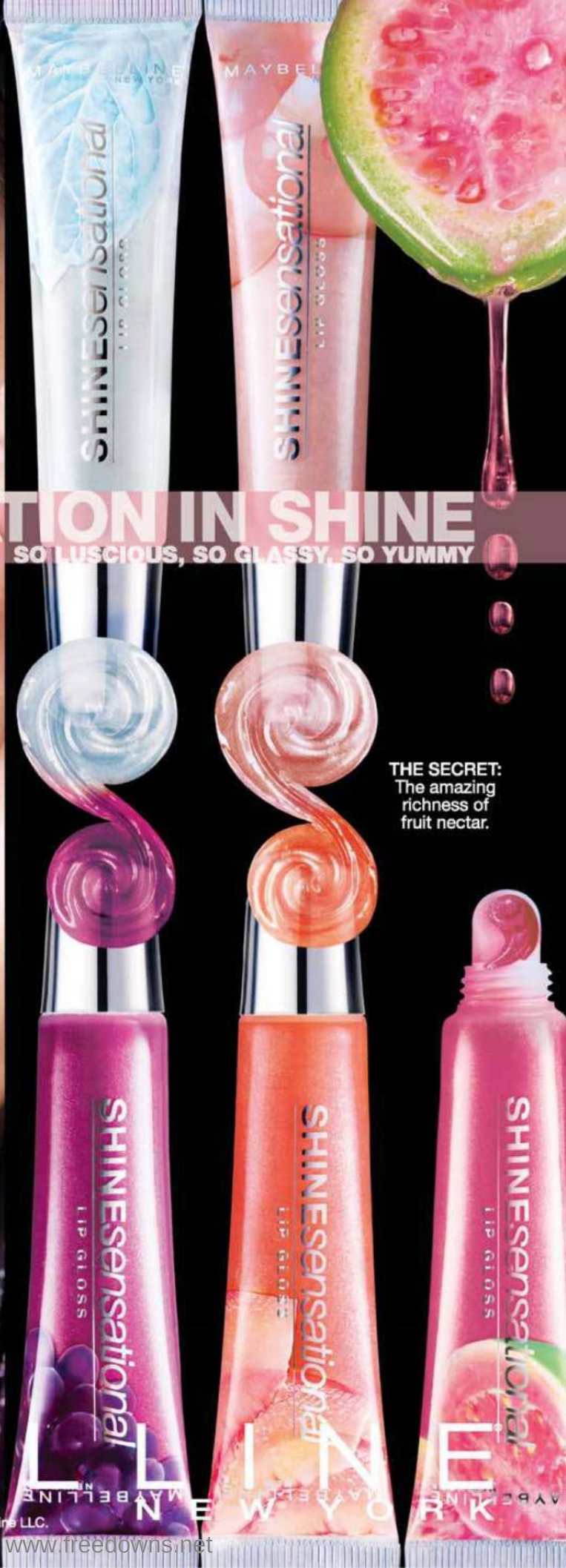
MAIN PHOTOS: (CHEAP SPRING BREAK FUN) CHRIS ECKERT/STUDIO D; (MEET GREAT GUYS!) NICK ONKEN; STILL LIVES: (BOOKS) RICHARD MAJCHRAK/STUDIO D; ILLUSTRATION: NERYL WALKER/ILLOREPS.COM; MAKEOVER PHOTOS: J. MUCKLE/STUDIO D.



NEW SHINE*sensational*™

A NEW SENSATION IN SHINE

SO LUSCIOUS, SO GLASSY, SO YUMMY



THE SECRET:
The amazing
richness of
fruit nectar.

maybelline.com

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Emily is wearing New Shine Sensational™ Lip Gloss in Glamorous Guava. ©2010 Maybelline LLC.

www.journal-plaza.net & www.freedowns.net



America's
#1
Wax Strip*



1-2-3 Hair Free!

HAIR REMOVER WAX STRIP KIT

So quick, easy, and convenient.
Just press on, then pull off.

Pre-cut, pre-waxed strips
are ready to use wherever,
whenever you need them.

Leaves beautiful results that can
last up to 8 weeks.*

www.sallyhansen.com

Sally Hansen
Beauty that Works

* Based on IRI Panel Data
* Regrowth time varies from area to area and person to person.
© COTY US LLC

seventeen



Editor-in-Chief **Ann Shoket**

Creative Director **Jessica Musumeci**
Executive Editor **Joanna Saltz** Executive Managing Editor **Adam Bell**
Acting Executive Editor **Leslie Yazel**
Fashion Director **Gina Kelly** Beauty Director **Yesenia Almonte**
Entertainment Director **Carissa Rosenberg**
Photo Director **Jordan Barnes**
Design Director **Mike Reddy**
Managing Editor **Allison Sheffer Jurado**
Deputy Editor **Meghann Foye**

**earphones
charm**
Girlprops, \$10,
girlprops.com



fashion

Senior Market Editor **Marissa Rosenblum Grumer**
Accessories Editor **Tina Langley**
Sittings Editor **Betsy Mullinix**
Assistants **Philippa Fraumeni, Jasmine Snow**

beauty

Editor **Heather Muir**
Associate Editor **Meredith Gray**

**eiffel tower
charm**
Girlprops, \$7,
girlprops.com



features

Senior Editor **Jessica Press**
Associate Editors **Elisa Benson, Kim Tranell**
Associate Lifestyle Editor **Neha Gandhi**
Assistant to the Editor-in-Chief **Elizabeth Perle**

art

Associate Directors **Wendy Robison, Miranda Sheppard**
Assistant **Emily Wong Addis**

photography

Bookings Editor **Meredith Goforth** Photo Editor **Alana Hershkin**

imaging

Digital Imaging Specialist **Leonardo R. Celestino**

lipstick charm
Harajuku Lovers,
\$35, Macy's



copy

Copy Chief **Marisa Carroll**

seventeen.com

Senior Editor **Julie Hochheiser**
Associate Editors **Kelli Acciardo, Julie Miller**
Editorial Assistant **Dan Koday**

contributing editors

Rachna D. Jain, Psy.D.; Norine G. Johnson, Ph.D.; Jessica Weiner

interns

Alex Abdallah, David Allen, Taylor Bennett, Jenna Campbell, Julianne Carell, Lori Cobos, Cristin Colucci, Leah Daniels, Tiffany Davis, Brooke Delott, Jenn Diner, Ava Feuer, Molly Finkelstein, Katie Fixter, Andrea Garcia, Brittany Garrett, Eleni Gregoriou, Christina Heiser, Lauren Hubbard, Jen Keefe, Kristen Keith, Alexandra Koutsomitis, Kaili Lampert, Eleanor Laurence, Deanne L. Mollema, Rachel Mosley, Maya Oren, Ellisa Oyewo, Jessi Parks, Laurie Posner, CJ Rush, Caroline Sakin, Molly Spector, SaraEllen Strongman, Terica Walton, Ashley Williams, Sarah Wilson, Laura Wolf, Kimberly Yoon, Kelly Zyskowski

hearst magazines international editions

President & CEO **Duncan Edwards**
Senior Vice President/Publishing Director **Jeannette Chang**
Vice President/Executive Director **Kim St. Clair Bodden**
Deputy Director/Bureau Chief **Astrid O. Bertoncini**
Creative Director **Peter Yates**
International Editions Editor **Carol Cammero**

Editor, Argentina **Laura Vigo** Editor, Chile **Carolina Guzmán Mohr**
Editor, Colombia/Ecuador/Venezuela **Nohra Maldonado**
Editor, Malaysia **Aileen Soo** Editor, Mexico **Katy García Lau**
Editor, Singapore **Sasha Gonzales** Editor, South Africa **Khwezi Magwaza**
Editor, Thailand **Prayer Kavitanon**



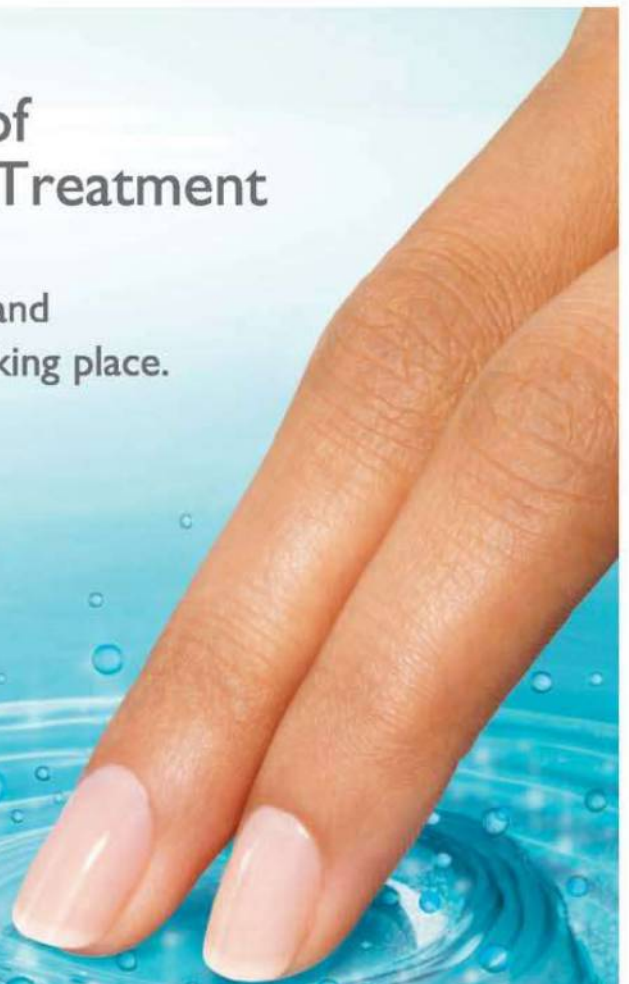
love charm
Lulu's, \$11,
lulus.com



**watch
charm**
Lulu's, \$18,
lulus.com

The Power of Continuous Treatment

Takes nails to an infinitely healthier and more beautiful-looking place.



© COTY US LLC

NEW CONTINUOUS TREATMENT

PATENTED TIME-RELEASE TECHNOLOGY

Encapsulated micro-tubes continuously release a nourishing vitamin complex, bathing nails in waves of treatment – up to 10 days.



4 TARGETED FORMULAS

Marine Minerals make the difference:

Growth Formula hydrates with Blue Algae, Strength Formula nourishes with Pearl Protein, Hardening Formula fortifies with Coral Calcium, Base & Top Coat Formula revitalizes with Marine Kelp.



Sally Hansen
Beauty that Works

www.sallyhansen.com



March

FREEBIES!

seventeen.com

GRAND PRIZE!

WORTH \$650!

Enter every day to increase your chance of winning!

FROM REBECCA MINKOFF
[leopard]



Visit seventeen.com every day in March to win the hottest totes, clutches, messengers, and wallets! One winner is chosen every day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JESSICA SIMPSON	Save this calendar to win every day in March!	1 [kelly]	2 [shopper]	3 [wallet]	4 [tote]	5 [clutch]	6 [satchel]
KIPLING	7 [toiletry]	8 [trolley]	9 [lexie]	10 [shoulder]	11 [pouch]	12 [hobo]	13 [zipper]
LESPOITSAC	14 [kasey]	15 [girl]	16 [erika]	17 [pink]	18 [patch]	19 [isle]	20 [twizzle]
LULU'S	21 [red]	22 [studs]	23 [jade]	24 [tied]	25 [postal]	26 [basket]	27 [brielle]
G BY GUESS	28 [reese]	29 [pocket]	30 [city]	31 [betsy]	HOW TO ENTER: Starting March 1, log on to seventeen.com/freebies daily and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 137 for details.		

STILL LIVES: (CITY AND BETSY PURSES BY G BY GUESS) / JESUS AYALA / STUDIO D; (ALL OTHERS) COURTESY OF COMPANIES. SIMPSON: ALOHA/X1/ONLINE.COM.



EXPECT MORE. PAY LESS.®



©2010 Target Stores. The Bullseye Design and registered trademarks of Target Brands, Inc. All rights reserved. 020314

EXPECT HEAD-TO-TOE BEAUTY AT PRICES WITHIN EASY REACH

FROM NP SET
TO NEUTROGENA
WITH FINDS FROM \$2



www.journal-plaza.net & www.freedowns.net



Hi from Ann!

One of the greatest things about working in magazines is the **beauty closet**. It's an entire room filled wall-to-wall with every single product imaginable. Shelves of shampoo! Drawers of mascara! Bins of nail polish! It's literally **girl heaven**. I sneak in every once in a while on a Friday for new lip gloss and to check out any at-home spa treatments for the weekend! Don't tell the **beauty editors**, though. They're strict about who gets in! :)

At *Seventeen*, we're lucky to have access to the most amazing advice in the beauty biz. And this month we're **celebrating** the experts behind the advice. Some are celeb hairstylists or makeup artists. Some are our real-girl beauty experts, the **Beauty Smarties**. And this month, for the first time, we're tapping **readers** as the experts.

(Check out **"Your Beauty Obsessions"** on page 68!) But even with all these insider tips, there are a few **tricks** I've learned that I'm dying to **share**:

✓ **Twirl your hair for great texture!**

I got this blow-dry trick from **Kattia Solano at Butterfly Studio in New York, NY**: Divide hair into three sections and blow-dry each with a round brush. Then **unwind** it from the brush by **twisting** your wrist and twirling your hair. When you shake it out at the end, you get cool **tousled** waves!



✓ **Zap zits with heat!**

It always happens before a big event: I get a giant **pimple** between my eyes. (Humiliating!) But last time I felt one coming, our beauty director, Yesenia, gave me a **Zeno**, which heats up to kill the bacteria in the pimple. Sounds weird, but it **works**!



✓ **Never skip SPF!**

We get a lot of **sun** in our offices. Great for our mood, bad for our **skin**. So Dr. Brandt told me to use moisturizer with SPF every day to avoid brown spots, dryness, and **wrinkles**! (Thanks, Doc!)



So what's *your* best beauty advice? Tell me at ann@seventeen.com!

XOXO
-A.

PS: GO BEHIND THE SCENES OF AMERICA'S NEXT TOP MODEL!



Tyra and the gang are back for a new cycle of **America's Next Top Model**, premiering March 3 at 8 P.M. ET on The CW. (Set your DVR—I'll be on this cycle too!) But you can check our exclusive video now on seventeen.com!

DELICIOUS

candy apples

three new limited edition fragrances for women



DKNY
DONNA KARAN NEW YORK

DKNY.com

Sephora

PROMOTION

Be on the scene at
WARPED TOUR 10
AMERICAN RAG CIE 1984
ALL-ACCESS

Do you have a sharp eye,
sugar-rush energy, and
a serious love of music?

Seventeen & American Rag are
looking for three trendsetters
to serve as **STYLE SCOUTS** at this
summer's Warped Tour.

EACH WINNER WILL RECEIVE:

- A trip to NYC or LA
- A chance to appear alongside a Warped Tour band in an American Rag ad, shot exclusively for Seventeen Magazine
- A starring role in an American Rag All-Access video
- VIP access to report backstage from a Warped Tour concert

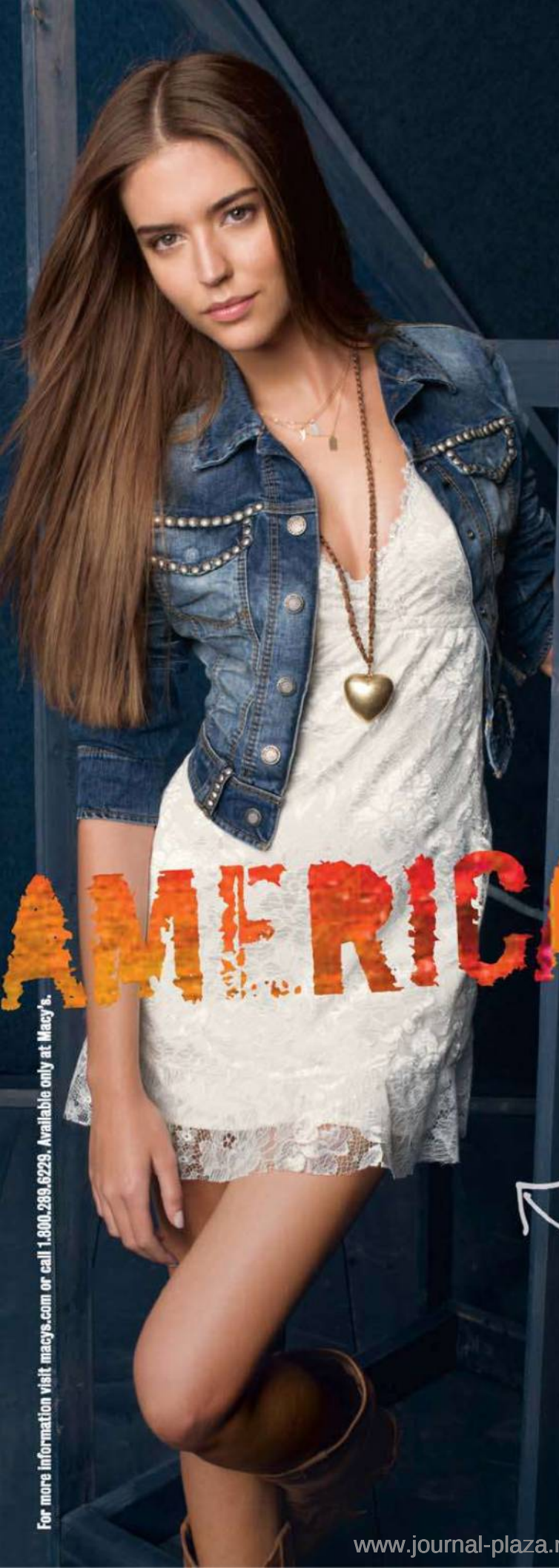
Upload your video
and tell us what makes you
a true style scout:

Seventeen.com/ALL-ACCESS

only  macy's
macy's.com



NO PURCHASE NECESSARY TO ENTER OR WIN. American Rag All-Access Contest is sponsored by Hearst Communications, Inc. To enter, go to seventeen.com/ALL-ACCESS. Entry period begins February 2, 2010 at 12:01 am (ET) and ends on March 18th, 2010 at 11:59 pm (ET). To enter, complete entry form pursuant to onscreen instructions and upload your original video. Must be 16 years or older and a resident of the 48 contiguous United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Contest subject to official rules available at www.seventeen.com/ALL-ACCESS.



AMERICAN RAG
IS GOING ON TOUR WITH
WARPED

CHECK OUT AMERICAN RAG'S
EXCLUSIVE MUSIC AND
FASHION MAGAZINE,
RAGGED

VIDEOS, STORIES AND MORE
RAGGEDMAG.COM

AMERICAN RAG CIE
1984

Do you know what you're
wearing to Warped Tour?
Clara wears the
American Rag Lace Dress.



For more information visit macys.com or call 1.800.299.6229. Available only at Macy's.

only  macy's
macys.com

www.journal-plaza.net & www.freedowns.net

what you think!

Here are the e-mails about the December/January issue that got us talking!



CHILLS AND THRILLS

“ The ‘Kiss & Tell’ feature was great, and (of course) I immediately put the **kissing** tips to test with my BF! I have one suggestion: Be careful trying the ‘ice-cube kiss.’ Your mouth could **freeze**! The cold may be fun for *him*, but let me tell you, having a numb tongue is not a **fun** sensation when kissing! So instead of an ice cube, we tried **drinking** a Frappuccino! ”

—SYDNEY, 19, LINCOLN, NE



miley's moment



Miley's **style** may change depending on her mood—i.e., boho, rocker, or glam—but what I love about her is that it's **always** her own. I love that she got a trucker hat from the army surplus store, and that she wasn't afraid to wear all black in the summer just because she felt like it! My style isn't the same as Miley's, but I try to channel her **vibe**: Don't follow **labels** or trends and stick to what feels right for you. You'll be able to rock anything!

—ANA, 15, LANCASTER, CA

ALL EYES ON YOU

I'm **obsessed** with your Beauty Smartie Blair! I watch all her how-to videos on YouTube! I tried her Berry Punch look [in “Bright Eyes”] for a party the other day and thought the red and green **shadows** looked awesome with my red hair. They really made my eyes **pop** too! Her tips were super-easy and perfect for my **bright** holiday look!

—KELSEY, 17, NIXA, MO



the next style stars

Seventeen's Style Stars of 2009 **rocked**! My friends and I read the issue together, and we took turns picking out the stars and shots that embodied each of our **individual** vibes. Then we went **shopping**, put together outfits that were inspired by our fave Style Star photos, and staged our own fashion shoot! It was so much fun, and now we're all inspired to **revamp** our looks this year!

—JENIFER, 19, VIRGINIA BEACH, VA



Four fantastic shades, inspired by a world of imagination.

Disney ALICE IN WONDERLAND

ONLY IN THEATRES
3/5/10



Thanks So Muchness!



Absolutely Alice



Mad as a Hatter!



Off with Her Red!

O.P.I.

Try it on at opi.com

CONTAINS NO DBP, TOLUENE, OR FORMALDEHYDE

Available in Professional Salons including select Beauty Brands, JCPanney, Pure Beauty, Trade Secret, Regis Hairstylists, and ULTA locations.

Call 800.341.9999 ©2010 OPI Products Inc.

© Disney

www.journal-plaza.net & www.freedowns.net

It speaks
for itself...



By **YMI** USA

JEANSWEAR

TOPS

DRESSES

ACTIVEWEAR

OUTERWEAR

ymijeans.com

sports scare



I started crying when I read "The Cheerleading Accident That Changed My Life" because I finally felt like someone else **understood** what I am going through—I've been living with a severe type of concussion for over a year now from a **basketball** injury. The line that got me the most was, "I just never expected that the one thing that brought the most happiness to my life would **end up** taking so much away." Thank you for helping everyone understand the danger of sports injuries.

—ALYSON, 17, NIAGRA FALLS, ON, CANADA

CYBERSHOCK

My friends and I recently were **targeted** on Facebook by some girls in our school. They called us horrible names and **teased** us for not being "cool." It was crushing. The worst part was, it came out of nowhere! "Invisible Attack" really hit the nail on the head: Because it's not face-to-face, online forms of abuse can be worse. It's a lot **harder** to say **hurtful** things when you have to witness the other person's reaction. Everyone should re-read the "Take Control!" sidebar! You can stop bullies.

—CAROLINE, 16, CINCINNATI, OH



**WIN A \$10,000
SPRING SHOPPING SPREE!**

Enter our exclusive
spring wardrobe makeover
for your chance to

**WIN
\$10,000
CASH!**

Go to seventeen.com/shoppingspree or
see page 137
for more details.



SEVENTEEN.COM Let us know what you think about
this issue at seventeen.com/share

STILL LIVES: JESUS AYALA/STUDIO D.
CONRAD: POERSCH/X17ONLINE.COM

get lauren's sunny glow

Even though she's crazy busy, LC still maintains her laid-back Cali-girl vibe. Here's how you can get it too!



eyeliner

Mark Get In Line Hook Up Liquid Waterproof Eyeliner in Painted Black, \$6, meetmark.com



Dress by Nanette Lepore. Necklace by Laruicci. Fashion Stylist: Beau Quillian. Hair: Campbell McAuley. Makeup: Amy Nadine. Manicure: Jenna Hipp. Photographs: Jonty Davies.

wave gel

Mark Curl Goddess Curl and Wave Defining Gel, \$5, meetmark.com



blush

Mark Good Glowing Mosaic Blush Custom Color Palette in Chica, \$7, meetmark.com



lip gloss

Mark Juice Gems in Juicy Honeydew, \$6, meetmark.com

seventeen reader reward

FREE PERFUME!

DON'T MISS OUT: SUPPLIES ARE LIMITED!



Bring this magazine to participating Victoria's Secret stores to get a VS Life Is PINK deluxe fragrance sampler—created just for Seventeen readers!

Beginning February 9, 2010, bring the March 2010 cover of Seventeen or a printout of the seventeen.com home page to any participating Victoria's Secret store to receive a Life Is PINK Deluxe Fragrance Sampler. For a list of participating stores, go to seventeen.com/lifepink. One per person. Giveaway ends March 8, 2010, or while supplies last. Once all fragrance samplers are distributed, there will be no substitute product given away.

STILL LIVES: (EYELINER AND BLACK AND PEACH MAKEUP SWIRLS) J MUCKLE/STUDIO D; (GEL AND BLUSH) COURTESY OF MARK; (VS PERFUMES) BEN GOLDSTEIN/STUDIO D.

putting the right *slant* on beauty for 30 years



The Choice of Make-Up Artists and Celebrities.



TWEEZERMAN
The Beauty Tool Experts™

SEVENTEEN.COM Go behind the scenes of Lauren's cover shoot at seventeen.com/lauren

www.journal-plaza.net & www.freedowns.net

tweezerman.com

Rich color. Smooth feel.
**Now silk makes
shadow new again.**



**INTRODUCING
COLOR PLUSH™
SILK EYESHADOW COLLECTION**

Our exclusive formula with silk powder creates
the ultimate shadow texture and luminosity.
Welcome to the new look and feel of shadow.

Available in 12 stunning palettes.

EYESTUDIO™



**ADVANCED EYE TECHNOLOGY
FOR SUPERIOR EYE EFFECTS**

MAYBELLINE
NEW YORK

Explore. Create. Go to Maybelline.com/EyeStudio

Emily is wearing New Eye Studio™ Color Plush™ Silk Eyeshadow in Sapphire Siren. ©2010 Maybelline LLC.

www.journal-plaza.net & www.freedowns.net

seventeen

Vice President/Publisher **Jayne Jamison**

**penguin
charm**
Girlprops, \$16,
girlprops.com

Associate Publisher of Marketing **Howard Grier**
General Manager **Larry Greenblatt**

new york 212-649-3100

Executive Beauty Director **Alisa Harad Feiner**
Beauty Manager **Gayle Sherman**
Account Managers **Linda Korman,**
Lauren H. Spira, Nadine S. Waxenberg
Ad Services Manager **Lauren Rychlik**
Publisher's Assistant **Donna Porat**

chicago 312-251-5347

Advertising Manager **Robin Billie** Account Manager **Abby L. Burdick**

west coast 310-664-2980

West Coast Director **Felicia Lewinstein** Account Manager **Leighdia Sandoval de Padilla**

southeast/southwest 214-363-6191

Account Manager **Michelle Mize**

direct response 212-649-3100

Manager **Jacqueline Abram**

sales assistants

Dalia Anaya, Annie Cecil, Sandra Hilik, Erin Leach

creative services

Fashion Merchandising Director **Maria Avila**
Merchandising Manager **Jen Hayes**
Associate Merchandising Manager **Angelique Reed**
Promotion Art Director **Emma Weightman**

Promotion Director **Caroline Callahan**
Senior Promotion Manager **Allison Luvera**
Integrated Marketing Manager **Ashley Flanagan**
Creative Services Manager **Ashley Rogers**

marketing & research

Marketing Director **Matthew Palmaccio**
Group Research Manager **Lynn Sessa**

production

Group Production Director **Karen Otto**
Group Production Manager **Peter A. Farrell**
Associate Production Manager **Tina S. Wilkinson**

circulation

Vice President of Consumer Marketing **Beth Ifcher**

hears magazines digital media

Vice President of Sales & Marketing **Kristine Welker**
National Ad Director **Geoffrey Schiller**
Midwest Sales Director **Rose Mills**
West Coast Sales Director **Onnalee McDonald**

Sales Development Director **Kimberly Reiter**
Director of Marketing Services **Cameron Connors**
Integrated Marketing Manager **Nicole Lignelli**

**published by hears communications, inc.,
a unit of the hears corporation**

Vice Chairman & Chief Executive Officer **Frank A. Bennack, Jr.**
Chairman **George R. Hearst, Jr.**

hears magazines division

President **Cathleen P. Black**
Executive Vice President, Chief Marketing Officer, Publishing Director **Michael A. Clinton**
Executive Vice President **John P. Loughlin** Editorial Director **Ellen Levine**
Publishing Consultants **Gilbert C. Maurer, Mark F. Miller**

• for a subscription, go to subscribe.seventeen.com
• for customer service, go to service.seventeen.com
• for subscriber questions, write to P.O. Box 7186,
Red Oak, IA 51591

**ballet-slippers
charm**
Harajuku Lovers,
\$25, Macy's

**microphone
charm**
Girlprops, \$15,
girlprops.com

peace charm
Sarah Chloe, \$49,
sarahchloe.com

**leopard
charm**
Lulu's, \$14,
lulus.com



Tempt your eyes with color in
12 stunning palettes.



COLOR PLUSH™
SILK EYESHADOW COLLECTION

MAYBELLINE
NEW YORK
EYESTUDIO™

What's Hot! What's New! DB Prom 2010! **BE THE PERFECT 10**

Must-have styles
starting at \$89
in sizes 0-26.

Call 877.653.PROM
for your appointment.

10% OFF

jewelry, handbags,
shoes & gloves
purchased the
same day as your
prom dress.

See website for details.

DAVID'S BRIDAL

WWW.DBPROM.COM

Find us on
Facebook

www.facebook.com/dbprom

For trend news and special offers
visit dbprom.com or text PROM to 74362

www.journal-plaza.net & www.freedowns.net

fashion

THE ULTIMATE SPRING TREND REPORT!

Set the hallways on fire
with new looks ripped
straight from the runways!

destroyed

Do a little with just one ripped-up
piece—or a lot with a few slashed layers.



romy, 15

jacket
Sizes XS–XL,
American Eagle
Outfitters, \$80,
ae.com.

cardigan
Sizes S–L,
Forever 21, \$30,
select Forever 21
stores.

skirt
Sizes S–L, AMI
Clubwear, \$14,
amiclubwear.com.

leggings
Sizes S–L, Lulu's,
\$30, lulus.com.

necklace
Forever 21, \$16,
select Forever 21
stores.

heels
Sizes 5½–10,
Urban Original,
\$25, urbanog.com.

mixed prints

Pair large bold patterns with smaller ones for that cool just-threw-this-together look.

esther, 20

on esther:
cardigan

Sizes S-XL, Victor by Victor Alfaro, \$83, bonton.com.

tank

Sizes XS-XL, DKNY Jeans Juniors, \$34, Macy's.

harem pants

Sizes S-L, Lulu's, \$32, lulus.com.

necklaces

Silver fringe necklace, Forever 21, \$10, select Forever 21 stores; white necklace, Express, \$40, select Express stores.

shoes

Sizes 5-11, Bakers, \$80, Bakers stores.

on romy:

tank

Sizes XS-XL, Roxy, \$27, roxy.com.

skirt

Sizes 2-12, H&M, \$25, H&M stores.

hat

Sizes S-XL, New York Hat & Co., \$54, newyorkhatcotogo.com.

necklace

Lulu's, \$24, lulus.com.

bangles

Forever 21, \$6 each, select Forever 21 stores.

tights

Hue, \$13, Macy's.

shoes

Sizes 5-11, Bakers, \$80, Bakers stores.

Versace

Proenza Schouler

what if you
could **be**
BLEMISH FREE
in 24 hours?

NEW ZENO HOT SPOT eliminates or fades 90% of blemishes in 24 hours using a single ingredient you can actually pronounce: heat. This breakthrough beauty tool destroys acne-causing bacteria. FDA-Approved. Safe and gentle on skin. 100% natural.

The new secret weapon in the war against pimples.



ZENO
myzeno.com

tribal

Earthy colors and geometric prints transport any outfit!

earrings
AMI Clubwear,
\$5, amiclubwear.com

necklace
H&M, \$25,
H&M stores

Gucci

tank
Sizes XS-L,
American Rag,
\$25, Macy's.
necklace
CutesyGirl,
\$13,
cutesygirl.com

tote
Rachel Rachel
Roy, \$69,
Macy's

bangle
Rachel
Rachel Roy,
\$65, Macy's

scarf
Forever 21,
\$11, select
Forever 21
stores

skirt
Sizes XS-L,
Ezekiel, \$39,
Nordstrom

Dries Van Noten

heels
Sizes 5-12, Nine
West, \$79, Nine
West stores



Get Ready for Spring!

From girly to classic, artsy to boho, the **Seventeen Fashion Finder** iPhone App can help you find the perfect pieces for Spring.

Check out **tons of dresses, tops, bottoms and accessories**—then find them at a store near you.

Plus, get the exclusive scoop on **Lauren Conrad's picks** for the new season.

Just download it **FREE** from the App Store™ and get started shopping now!

Look for special Prom selections from:

JOVANI

La Femme

Night Moves
by ALLURE

PRECIOUS  FORMALS

TONYBOWLS™
tonybowls.com

Xcite
A Division of IMPRESSION

iPhone is a trademark of Apple Inc.
App Store is a service mark of Apple Inc.

 Available on the App Store

prairie

Tiny florals, faded leather, and beat-up denim look pretty in an easy, laid-back way.



Chanel



D&G



Ralph Lauren

shirt
Sizes XS-XL, Roxy, \$45,
roxy.com.
shorts
Sizes 1-11, Celebrity
Pink, \$24, Dillard's.
sunglasses
Foster Grant, \$10,
Walgreens stores.
belt
Tommy Hilffiger, \$70,
Macy's.





It's the
night
of your **life.**
Shine!



Priced from \$39.99 to \$149.99.

THE SEVENTEEN JEWELRY COLLECTION



Seventeen is a trademark of Hearst Communications, Inc.

Every piece in our Seventeen Jewelry Collection is
crafted with real gemstones set in beautiful sterling silver.
So you'll be sure to shine on the biggest night of the year.

**The Seventeen Jewelry Collection is available
only at Kay Jewelers and kay.com.**

KAY
JEWELERS
Every kiss begins with Kay.
kay.com

rosettes

Big flowers and bright hues make this sweet print more vibrant—and any outfit more fun!

skirt
Sizes S-L,
Lulu's, \$26,
lulus.com



Moschino

bracelets
M. Haskell,
\$20 each, call
212-764-3332
to order



boots
Sizes 5-12,
Dr. Marten's,
\$130,
drmartens.com



pants
Sizes 2-12,
H&M, \$30,
H&M stores



bag
Betseyville by
Betsey Johnson,
\$78,
betseyjohnson.com



necklace
Tom Binns for
Disney Couture,
\$72, Macy's



shirt
Sizes XS-XL,
Fire, \$24,
firela.com



Dolce & Gabbana

dress
Sizes S-L,
Fleurish, \$39,
Belk stores



ONLY AT
K
kmart



introducing

GLO jeans

kmart.com/glojeans glojeans.com

www.journal-plaza.net & www.freedowns.net

military

Go for army-inspired pieces with girly details, like ruffles, for a feminine feel.

on romy:

vest

Sizes S-XL, Absolutely, \$32, call 212-840-3300 to order.

shirt

Sizes S-L, Grass, \$39, Macy's.

pants

Sizes XS-XXL, Old Navy, \$30, Old Navy stores.

socks

Hue, \$6, hue.com.

shoes

Sizes 5½-10, GoJane, \$37, gojane.com.

on esther:

jacket

Sizes XS-XL, Aéropostale, \$60, Aéropostale stores.

lace tank

Sizes P/S-M/L, Jet, \$80, call 310-451-2202 to order.

tee

Sizes S-XL, Public Library, \$55, Dillard's.

shorts

Sizes 0-11, Fox, \$40, fox-girl.com.

necklace

Lulu's, \$14, lulus.com.

watch

Lulu's, \$20, lulus.com.

purse

Roxy, \$32, roxy.com.

heels

Sizes 6-11, Alice + Olivia for Payless, \$50, select Payless ShoeSource stores.

Shop on your
iPhone or
iPod touch!



See more cute trends on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!



Rag & Bone



Chloé



Alexander Wang

HEAT

CATCH THE FEVER

THE FIRST FRAGRANCE BY
BEYONCÉ



©2010 COTY US LLC

WWW.BEYONCEPARFUMS.COM
AVAILABLE AT MACY'S AND AT MACYS.COM

www.journal-plaza.net & www.freedowns.net

Shop on your
iPhone or
iPod touch!



See more cute trends
on the Seventeen
Fashion Finder, our
new iPhone app!
Download it for free
on iTunes!

JEWELLED RINGS

Urban Original, \$8 each, urbanog.com

\$8

NAUTICAL FLATS

Sizes 5-13, American Eagle by Payless, \$18,
Payless ShoeSource stores

\$18

TURQUOISE NECKLACE

Say What?, \$20, saywhatny.com

\$20

SCOOP TANKS

Sizes S-XL, JCPenney,
\$18 each, JCPenney

\$12

super spring bargains

Check all the season's hottest
trends off your list—without
blowing your whole
shopping budget!

\$20
& UNDER

HALTER DRESS

Sizes XS-XXL, Old Navy, \$20,
Old Navy stores

\$20

GRAPHIC SCARF

Lulu's, \$14, lulus.com

\$14

ARTSY EARRINGS

H&M, \$6, H&M stores

\$6

\$17

WEDGE SANDALS

Sizes 5½-10, Qupid, \$17, amclubwear.com

METALLIC BAG

Urban Original, \$20, urbanog.com

\$20



Works like Magic

Go on. Be a contortionist. With Always Infinity's revolutionary material, you won't find a more flexible Ultra. So your days of bunches and leaks are virtually TA-DA! no more. Just like magic. *Try it free at always.com. Make some magic of your own. Hold this ad up to your webcam at always.com/3D. You won't believe your eyes!*

Now you see it.



Now you don't!



*Have a happy period. Guaranteed.**



*See pack for details. **5 ml, 10 minutes elapsed time. ©2009 P&G

be the best-dressed



jen, 18

denise, 18

andrea, 17

ruffles

Play up the princess vibe of a **FULL, FLOUNCY DRESS** with piles of girly pearls.

dress
Sizes 3-13,
Masquerade for
Deb Shops,
\$150, select
Deb stores

zebra

This **GRAPHIC PRINT** looks extra fierce with dramatic accessories.

ombré

Sparkling jewels complete the glam effect of this beaded **COLOR-WASHED GOWN**.

dress
Sizes 2-16,
Camille La
Vie, \$130,
camillelavie
.com

dress
Sizes 2-14,
David's Bridal,
\$189,
davidsprom
.com

girl at prom!

Make it a night to remember in one of these pretty new prom trends!

Shop on your
iPhone or
iPod touch!



See more cute trends
on the Seventeen
Fashion Finder, our
new iPhone app!
Download it for free
on iTunes!



dress
Sizes XXS-L,
Guess by
Marciano, \$168,
guessbymarcano
.com

lace

Black lace is fun on a
POUFY MINI. Cool
chains and hot
platforms add edge.

booties
Sizes 5½-10,
Urban
Original, \$18,
urbanog.com

watercolor

A **BRIGHT PRINT** should
stand alone—all it needs
are simple stud earrings.

dress
Sizes 0-14,
La Femme,
\$318, lafemme
fashion.com

dress
Sizes 0-16,
Janique by
Kourosh, \$278,
janiquebyk.com

zippers

With such a **PLAYFUL DRESS**,
go for super-bright shoes
and jewelry.

shoes
Sizes 5½-10,
AMI Clubwear,
\$16,
amiclubwear
.com

juicy shopping secrets

Here's an insider look at what's hot at your favorite stores!



dolly, 15

MUST-BUY

dress
Sizes XS-L,
American
Rag, \$29,
Macy's

AMERICAN RAG

American Rag's new line is sweet with a cool edge, plus as a special deal just for *Seventeen* readers, you get 20% off!

ONLY IN *seventeen*

20% OFF

AMERICAN RAG CLIF 198

only  macy's

20% off entire purchase for American Rag Junior regular priced merchandise only. Valid at Macy's department stores and macys.com. Only valid for American Rag purchases. To redeem online, enter code **RA620** in your macys.com shopping bag. Excludes EDV, specials, super buys. Not valid on previous purchases, special orders, services, gift cards, jewelry trunk shows, payment on credit accounts; restaurant, alcoholic beverages. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. Extra % applied to reduced prices. Limit one coupon per customer. Valid from February 1, 2010, to March 21, 2010.



© 17308049010118050411

pretty new looks

AÉROPOSTALE

Look cute *and* be comfy! Aéro is known for hoodies and tees, but this spring, they're adding tons of pretty boho clothes for a softer, girlier look!



tops

Sizes XS-XL,
Aéropostale, \$30-\$35,
Aéropostale stores

SECRET FIND

JOURNEYS

The best place to buy sneakers is the newest spot to score sexy shoes! Bold cutout booties like these step up any outfit instantly.



shoes

Sizes 5-11,
Zigi Soho,
\$50, Journeys
stores

bag

Wet Seal, \$5,
Wet Seal stores

GIVE-BACK BAG

WET SEAL

It's only \$3!

This super-cute steal also happens to help save the world! One dollar from each purchase goes to Girl's Inc., to educate and empower girls around the country.



GODDESS OF HE'S MINE
Embrace. It's our closest shave for your closest
moments. Because it all starts with an embrace.



Venus®

REVEAL THE GODDESS IN *You*®

www.gillettevenus.com

© 2010 The Gillette Company.

www.journal-plaza.net & www.freedowns.net

SILK SHORTS

Sizes S–L, Forever 21,
\$23, Forever 21 stores

“The best thing about spring is being free from bulky wintry layers. I love the way these silky shorts move and flow—they’re such a cute way to show off legs that have been bundled up for months.”

—CLAIRE, 17



Add a denim vest to make soft pieces feel edgier.



FLORAL DRESS

Sizes XS–L, Jack BB Dakota,
\$65, fredflare.com

“My style is pretty girly, so I definitely want a statement dress for spring. The colored flowers on here are amazing, and the black accents and the zipper add the edge that I like my outfits to have!”

—QUELLIE, 15



Leggings and a sweater warm up a summery dress for cool prespring weather.

HIGH-WAIST PANTS

Sizes 0–13, O'Neill,
\$44, oneill.com

“I like that harem pants are daring. Depending on my mood, my look can go from soft punk one day to sophisticated the next. I wanted pants I could wear with sweet or classy tops that still feel edgy.”

—ALEXIS, 16



A bright belt gives a black-and-white outfit a fun splash of color.



Check out their fave picks on the *Seventeen* Fashion Finder, our iPhone app! Download it for free on iTunes!



www.journal-plaza.net & www.freedowns.net

style ideas!

These girls each picked one spring must-have and styled it three different ways to give you tons of options to choose from.



Tuck a floral dress into belted shorts to wear it as a blouse.



GRAFFITI SHORTS

Sizes 24-31, RVCA,
\$62, rvca.com

"When I get dressed, I like to pick a 'centerpiece' and the rest of my outfit revolves around that. White shorts make that easy because they stand out and can go with almost anything."

—FALCON, 21



Play with color by adding a pop of bold blue to a bright tank.



NEON TANK

Sizes XS-XL, DKNY
Jeans, \$44, Macy's

"This light top is versatile and really fresh for spring, especially in vibrant orange. I love the color because it's not a big trend yet—I'm always looking for cool pieces that nobody else has."

—AUDREY, 17

ON FALCON: MINNETONKA; ALL OTHER CLOTHING AND ACCESSORIES, HER OWN. ON EMME: ALL OTHER CLOTHING AND ACCESSORIES, HER OWN. ON AUDREY: PEARL NECKLACE, JCPENNEY; FLORAL DRESS, GUESS; SNAKE BRACELET, GIRLPROPS; PURPLE HEELS, BAKERS; BLUE PATENT HEELS, GUESS; BRACELET, H&M; GOLD AND ORANGE BANGLE, ISIS; ALL OTHER CLOTHING AND ACCESSORIES, HER OWN. ON ESTHER: ALL OTHER CLOTHING AND ACCESSORIES, HER OWN. ON ANNA: ALL OTHER CLOTHING AND ACCESSORIES, HER OWN.

SLOUCHY TEE

One size, Fluxus, \$57,
fluxusbrand.com

"A cute baggy tee is definitely one of the best inventions ever! It's basically a blank canvas that you can style any way you want, to fit your individual look."

—EMME, 17

With a blazer and intense red tights, a tee turns into a going-out top.

PRINTED MINI

Sizes 2-12, H&M, \$25,
H&M stores

"My style is preppy, with a city twist to it. I liked this skirt because it's fresh and modern, but when I pair it with my oxfords and cardigans, it feels like a cool collision of bold and classic."

—ESTHER, 21

An oxford and sneaks make a fancy skirt work for class or shopping.

Let shorts peek out just a little bit under a dressy look to make it more relaxed.

BIKE SHORTS

Sizes S-XL, Tek Gear,
\$24, Kohl's

"I think it's chic to incorporate dancewear into my outfits, and these shorts are a simple way to do that. They bring a sporty texture to any look."

—ANNA, 19

WIN IT!

The Style Council girls shoot their style videos with the Nikon Coolpix S70. Win your own at seventeen.com/freebies. See page 137 for more details.



PROMOTION

WIN THE ultimate prom!

The hot rockers of
Boys Like Girls
want to go to prom, too!
They'll be performing at one lucky
school's dance this spring...
and it could be yours.



Just send us a video expressing why
your school deserves the Ultimate
Prom, and Boys Like Girls could
perform at YOUR big dance! Go to
seventeen.com/ultimateprom
to enter today!

SPONSORED BY

COVERGIRL

Secret

Venus
Embracealways
INFINITYTAMPAX
COMPAK PEARL[®]
On The Go

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Upload a video expressing why your school deserves to win the Ultimate Prom performance by Boys Like Girls at your prom. (One (1) winner will win a live performance by Boys Like Girls or another musical artist at their prom or other school function (approximate retail value: \$4,500).) Beginning December 18, 2009, at 12:01 A.M. ET, through March 12, 2010, at 11:59 P.M. ET, go to seventeen.com/ultimateprom and complete and submit the entry form pursuant to the onscreen instructions. Must be 14 years or older, a high school student, and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/ultimateprom.

LOG ON
seventeen.com/checkitout
has more info!

PROMOTION

CHECK IT OUT!

American Rag All-Access

Seventeen and **American Rag** are looking for three stylish music fans to serve as **Style Scouts** at the **2010 Vans Warped Tour**. Each Style Scout will win the ultimate prize package, including a **trip to NYC or LA**, a chance to appear alongside a Warped Tour band in an **American Rag** ad shot exclusively for *Seventeen*, a starring role in the **American Rag All-Access style video**, and **VIP access** to report backstage from a Warped Tour concert. Log on to submit your video entry to seventeen.com/ALL-ACCESS.

AMERICAN RAG



only ★ macy's

NO PURCHASE NECESSARY TO ENTER OR WIN. American Rag All-Access Contest is sponsored by Hearst Communications, Inc. To enter, go to seventeen.com/ALL-ACCESS. Entry period begins February 2, 2010 at 12:01 am (ET) and ends on March 16th, 2010 at 11:59 pm (ET). To enter, complete entry form pursuant to onscreen instructions and upload your original video. Must be 16 years or older and a resident of the 48 contiguous United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Contest subject to official rules available at www.seventeen.com/ALL-ACCESS.

David's Bridal Prom 2010

Check out must-have Prom styles starting at \$89, from sizes 0-26. Create perfect head-to-toe Prom looks online and invite friends to join your Promtourage. Get the latest trends and tips, and **enter to win your Prom dress**, all at dbprom.com.

DAVID'S BRIDAL[®]

WWW.DBPROM.COM



Group USA & Camille La Vie Prom Queen Search and Fashion Show

Seventeen and **Camille La Vie** are putting on a fashion show with this year's hottest Prom dresses! Join the show and strut down the runway and you could be selected to appear in the next **Camille La Vie** catalog, have your picture on seventeen.com, and win the Prom dress of your dreams. Meet guest judge, **Carolina Bermudez** from **Elvis Duran** & the **Z100** Morning Show, New York's morning radio program on Z100, get style advice from a *Seventeen* Style Pro, enjoy a mini-makeover and more!

You're Invited!

Camille La Vie

Palisades Center in West Nyack, NY
Saturday, February 27th at 2PM

Don't miss your chance to receive a **free *Seventeen* compact mirror*** when you purchase your Prom dress at ALL participating Group USA & Camille La Vie locations. For more information and to view the hottest Prom styles, log on to groupusa.com or camillelavie.com.

GROUP USA[®]
THE CLOTHING COMPANYCamille
LA VIE

*While supplies last.

sweeps/contests

events

Tampax is a registered trademark. All other trademarks are owned by their respective parties. ©2009 P&G. Playtex is a registered trademark of Playtex Products, Inc.

SERENA SHUTS OUT MOTHER NATURE'S MONTHLY GIFT

Outsmart Mother Nature
TAMPAX

A champion like Serena Williams doesn't let Mother Nature's Monthly Gift interrupt her game. That's why she trusts Tampax Pearl® plastic with a new and improved LeakGuard® braid. 

TALK SMACK AND WIN AT BEINGGIRL.COM

NO PURCHASE NECESSARY. Open only to female residents of the 50 U.S. (except Maine) and Washington, D.C., who are 13 or older and registered members of beinggirl.com at time of entry (there is no fee required to join beinggirl.com). Void in the State of Maine and where prohibited. Entries must be received by 11:59:59 a.m. (ET) on 2/15/10 to be included in the final week's judging. Visit www.beinggirl.com for each week's theme and Official Rules.

**STOPS LEAKS
BETTER**
THAN PLAYTEX SPORT®



steal of the month: the perfect spring dress

Look fresh and flirty—for less!—in this pretty yellow dress from **Jean Paul Gaultier for Target.**



WHY IT'S PERFECT:

1. It's so **versatile**—layer it over a tee for day, or wear it by itself for a flirty going-out look.
2. This sunflower shade of **yellow** is huge this season!
3. Gaultier is the ultimate designer for edgy, sexy looks—Rihanna is a **huge fan**!

dress

Sizes 1-15,
Jean Paul
Gaultier for
Target, \$60,
Target stores

A designer dress
for only \$60!

Sometimes...

I laugh until my stomach hurts.

www.jellypop-shoes.com

♥ JellypopTM
Shoes



the coolest new jeans (for *your* body!)

With so many cute denim trends this season, it's easy to find a pair to show off your body perfectly!

sarah, 17

petite

twist wash

This cool new wash has vertical lines to visually elongate your legs. The dramatic contrast of dark and light shading fills you out a little, giving an overall look that's long *and* curvy.

TRY THESE
Sizes 1-13,
YMI, \$38,
ymi jeans.com

long torso

courtney, 16

high-waisted skinnies

Your long, lean top half can make your legs look shorter in comparison. Try jeans that start the line of your leg high on your waist, for a beautiful, balanced look.

TRY THESE
Sizes 3-13,
L.e.i., \$16,
Walmart stores

short torso

sukanya, 19

cropped boyfriend

You've got legs for miles, so have some fun with rolled-up low-rise jeans that keep your shorter top and longer bottom in perfect proportion.

TRY THESE
Sizes 1-13,
Charlotte Russe,
\$35,
charlotterusse.com

tall

charlotte, 16

colored stretch skinnies

Draw attention to your crazy-long legs! The stretchy skinny fit accents your height, while a bold color keeps you from looking lanky.



TRY THESE
Sizes 1/2-13/14,
Mandee, \$30,
Mandee stores

kasia, 22

curvy butt

detailed pockets

Pockets with stitching and a prominent design make your cute round butt a focal point without making it look bigger.



TRY THESE
Sizes 25-32,
Silver Jeans, \$75,
Dillard's

curvy hips

julie, 19

ripped dark wash

Rips closer to your knees draw the eye down from your hips, while a dramatic dark wash streamlines you from hip to ankle.



TRY THESE
Sizes 1-25,
Aphrodite, \$40,
atloy.com

SEVENTEEN.COM

Go behind the scenes of our photo shoots at seventeen.com/fashionvideo.

Jewelry by Fragments / NYC • Photographed at SEA Restaurant, NYC



Camille
LA VIE
&
GROUP USA®
THE CLOTHING COMPANY

www.groupusa.com • www.camillelavie.com

Left 019938 \$149.99 - Right 2103 \$169.99 • Available in stores or **online**

www.journal-plaza.net & www.freedowns.net

beauty

*fun new
hairstyles
to try*

*celeb secrets
for perfect
skin*

*cool
makeup
trends
for you*

100+

NEW WAYS TO

LOOK PRETTY NOW!

Shake off that cold winter
air and brighten up this season
with *tons* of insider tricks.

**THE
EXPERT
ISSUE:**

*This issue is packed
with beauty tips
from the pros.*

MAIN PHOTO: AKOS SIMON. FASHION STYLIST: MEGAN ROSS AT FACTORY DOWNTOWN. HAIR: SARAH POTEMPA FOR AUSSIE AT THE WALL GROUP. MAKEUP: TINA TURNBOW. MANICURE: LISA LOGAN FOR M2M DAMOREJON AT ARTISTS BY NEXT. ON MODEL: TANK. JILL STUART. EARRINGS: MADE BY MARC JACOBS.

fresh **spring** looks for you

Put your best face forward this season! Here, the five most amazing makeup trends—personalized for you by the pros who created them. **BY** meredith gray

SOFT SMOKE

by **Pat McGrath** for CoverGirl

contour lids

To frame your eyes and give them a smoky effect, apply a sparkling **deep gray shadow** along the width of your lashlines and up to your creases. Then dust **pastel pink** from your creases to your browbones—this will soften the gray and brighten the whites of your eyes.

try: CoverGirl Eye Enhancers in Shimmering Onyx and Mauveberry, \$4 each, drugstores

enhance your shape

Make your eyes pop against the smoky gray by defining them with a thin streak of **soft black liner**. Line your upper and lower lashlines, and finish with lots of mascara—your lashes will look even longer against the pink shadow!

try: CoverGirl Exact Eyelights Eye-Brightening Eyeliner in Vibrant Pearl, \$7, and LashBlast Length Mascara in Black Brown, \$8, drugstores

give a glossy finish

Complement your smoky look with the perfect **peachy-pink gloss**. The pink base mirrors the pink on your eyes, while the peachy tones warm up your whole complexion.

try: CoverGirl ShineBlast Lip Gloss in Aglow, \$8, drugstores

Pat McGrath gets a model ready for the runway.



“To make smoky eyes stand out, don’t let other features, like your lips, compete with them. Keep the lips neutral and the cheeks pastel-y.”

—PAT McGRATH, P&G GLOBAL CREATIVE DESIGN DIRECTOR



GET 20% OFF COVERGIRL LASHBLAST MASCARA AT WALGREENS.COM!

GO TO SEVENTEEN.COM/BEAUTYDEALS FOR DETAILS.



“Gloss on the lids gives you a glam, super-shiny look, but the nude and peach shades help it still feel natural.”

—CHARLOTTE WILLER, MAYBELLINE NEW YORK MAKEUP ARTIST

gloss your eyes

Here's a new use for your lip gloss: **Apply it on your lids** to make eyes really sparkle! Sprinkle translucent powder on your lids first, which will help keep the gloss in place. Then swipe the gloss on the back of your hand, and use your fingertip to dab it from lashlines to browbones.

try: Maybelline New York Color Sensational Lip Gloss in Mocha Glaze, \$7, drugstores

define lashes

Pick a mascara with a **wet, shiny texture** to make your eyes look even glossier! Apply two coats to top and bottom lashes. Let dry for 20 seconds, then go over the top lashes again—this will help them glisten even more!

try: Maybelline New York Lash Stiletto Ultimate Length Mascara in Very Black, \$9, drugstores

add shimmer

Since peach has yellow undertones, your skin needs a little extra warmth to keep from looking fallow. Dust a **soft powder illuminator** all over, adding a little extra on the apples of your cheeks for a naturally flushed, healthy glow.

try: Maybelline New York Mineral Power Illuminator in Peach, \$9, drugstores

slick on coral

Make your lips look lush and juicy by layering a **shiny clear gloss** over a **sunny coral lipstick**. Apply the lipstick directly on your lips, then pat the gloss on with your finger.

try: Maybelline New York Shine Sensational Lip Gloss in Minty Sheer, \$6, and Color Sensational Lipstick in Park Ave. Peach, \$7, drugstores

PEACHY PUNCH

by **Charlotte Willer** for
Maybelline New York



Charlotte Willer
applies finishing
touches before a
fashion show.



GET 20% OFF MAYBELLINE PRODUCTS AT CVS.COM! GO TO SEVENTEEN.COM/BEAUTYDEALS FOR DETAILS.

GOLD RUSH

by **Romero Jennings** for MAC



Romero Jennings perfects a model backstage before a show.

highlight eyes

Glide a **rich metallic gold shadow** along your lashlines to frame your eyes, then sweep a lighter, almost matte champagne shadow from creases to browbones. The combo will make your lids look even more reflective.

try: MAC Spring Colour Forecast Eye Shadow X4 in Colour 4, \$36, maccosmetics.com

dust on bronze

Choose a **light bronzer** with golden flecks—it will give skin a subtle sheen so your face looks glowy, not muddy. Apply it all over with a big fluffy brush, then sweep a little extra on cheekbones and the bridge of your nose for more dimension.

try: MAC Blush Ombre in Springshine, \$26, maccosmetics.com

apply a gold base

A bronzy lip color alone can warm up your whole face! Use a lip balm before applying your color. Smooth the lipstick on the **centers of your lips** first, then work your way toward the outer corners.

try: MAC Lipstick in Bronzilla, \$14, maccosmetics.com

leave a metallic finish

An **orange-hued gloss** ties your golden color palette together and adds variety so you don't look too monochromatic. Apply it over your lipstick to add a final layer of sparkle.

try: MAC Tinted Lipglass in Gold Dust, \$14, maccosmetics.com

“Gold is universally flattering and a great way to warm up the skin for spring. It also adds a glamorous touch to neutral beige makeup.”

—ROMERO JENNINGS,
MAC SENIOR ARTIST



WIN A \$100 GIFT CARD TO DILLARD'S!

GO TO SEVENTEEN.COM/BEAUTYDEALS OR PAGE 137 FOR DETAILS.



SHOW THE WORLD *what you're made of.*

Starting with the education you need
for the career you want.

You know great fashion when you see it.

You live and breathe fashion. We feel that way, too. That's why The Art Institutes system of schools offers hands-on programs for people like you. Whether your passion is in fashion design or you're focused on the business side of the industry, our talented faculty and community of creative thinkers will help you prepare to enter the world of high style.

A range of programs to match your passion.

We offer bachelor's and associate's degree programs to help you channel your creative energy into a real profession:

- Fashion & Retail Management
- Fashion Design
- Fashion Marketing
- Fashion Merchandising

Visit Stylisheducation.com

to tell us about yourself, your goals, and your passion for fashion.
Or, call **1-800-592-0700** to learn more about our education programs at a school near you.

Ai The Art Institutes™
America's Leader in Creative Education

Fashion | Design | Media Arts | Culinary

The Art Institutes is a system of over 40 schools throughout North America offering programs in Fashion, Design, Media Arts, and Culinary. Log on to find a school near you. Programs, curriculum, fees, and scheduling options vary by school. Administrative Offices: 210 Sixth Ave., 33rd Floor, Pittsburgh, PA 15222 ©2009 by The Art Institutes International LLC AI-09-1690 12/09

www.journal-plaza.net & www.freedowns.net

WATER COLOR

by **Liz Pugh** for Rimmel London

blend two shades

Dust on a royal blue shadow from the inner corners to the centers of your lids. Apply just a little bit of color so it's **super-sheer**. Then load your brush with a soft lavender, and apply it on your outer corners, blending with the blue in the center.

try: Rimmel London Glam'Eyes Mono Eye Shadow in Royal Violet and Celestial Sapphire, \$4 each, drugstores

warm up cheeks

Swirl a **bright pink blush** onto the apples of your cheeks to balance out the contrasting color on your lids. Sweep the blush toward your temple for a pretty swoosh that fades into your eyeshadow.

try: Rimmel London Lasting Finish Blendable Blush & Highlighter in Spring Flower, \$5, drugstores

make lips pop

Complete the look with a **candy-pink lipstick**—this one is so light and moisturizing that it almost looks like a gloss. Paint it on with a lip brush for the most precise application.

try: Rimmel London Moisture Renew Lip Colour in Crystal Mauve, \$7, drugstores

"Give your lids a bold wash of color so that you can layer multiple shades for a mermaid-y effect."

—LIZ PUGH, INTERNATIONAL CELEBRITY MAKEUP ARTIST FOR RIMMEL LONDON



Liz Pugh preps a model before a photo shoot.



win!

SEVENTEEN'S "ULTIMATE LOOK" CONTEST:

Channel your inner makeup artist! Create a fresh new makeup look for Rimmel London, and you could win the chance to have it featured in the pages of *Seventeen*! You'll also win a trip to London, plus other awesome prizes. Go to seventeen.com/ultimatelook or page 137 to find out how to enter.

seventeen
EXCLUSIVE

WIN A \$50 GIFT CARD TO DRUGSTORE.COM! GO TO SEVENTEEN.COM/BEAUTYDEALS OR PAGE 137 FOR DETAILS.



"This all over pink palette is fresh and modern for spring. It gives any skin tone a naturally rosy flush."

—NANCY GLASS,
CLINIQUE MAKEUP EXPERT

SWEET FLUSH

by Nancy Glass for Clinique



Nancy Glass tests a new look on a happy shopper.

accentuate eyes

Define your upper lashlines with a **brown-gray shadow**—the shade will add pretty definition to your eyes. Use a small pointy eyeshadow brush to draw a precise line.

try: Clinique Colour Surge Eye Shadow Stay Matte in Slate, \$14, clinique.com

lengthen lashes

Apply two coats of **deep black mascara** to top and bottom lashes. Wait two minutes for it to dry, then reload the wand with product and blink into the brush. This extra bit of mascara on the ends will make lashes look amazingly long and full.

try: Clinique High Lengths Mascara in Black, \$14, clinique.com

perk up cheeks

Swirl **all three shades** of this plummy pink blush together and apply in a C shape from the apples of your cheeks up to your temples. The combo of colors resembles the way you blush naturally to give you a rosy glow.

try: Clinique Fresh Picked All over Colour in Mixed Berries, \$30, clinique.com

brighten lips

A gloss the **color of fruit punch** gives lips (and your entire face) a bright boost! Glide just a little on for a hint of color; layer on more to intensify the pink shade.

try: Clinique Vitamin C Lip Smoothie Antioxidant Lip Colour in Pink Me Up, \$18, clinique.com



WIN A \$250 GIFT CARD TO SEPHORA!

GO TO SEVENTEEN.COM/BEAUTYSEALS OR PAGE 137 FOR DETAILS.

SEVENTEEN.COM

Which look should you try this spring? Find out at seventeen.com/quizzes.



THE BEAUTY OF GEORGIA MAY JAGGER

London's New It-Girl

With her rockstar dad, Mick Jagger, and supermodel mom, Jerry Hall, this London based 17 year-old was destined for stardom. It's no wonder she's a future face of Rimmel London.

Get a **London Look** to call your own with these four fabulous products from **Rimmel London**.



ROYAL GLOSS DELICIOUS LIPGLOSS

Get glossified! Fortified with Vitamins A, C & E, this delicious wet-looking gloss gives a non-sticky finish that's sheerfully delightful.



THE MAX VOLUME FLASH MASCARA

Get 14X more volume in a flash! An exclusive quick setting collagen and keratin enriched formula combined with the biggest brush ever from Rimmel London guarantees stronger, shinier lashes that go from skinny to fat in 10 seconds flat.



GLAM'EYES EYE SHADOW

Go glamorous! This silky, smooth formula provides bold, brilliant colour and blends easily for a crease-proof look that's sure to get you noticed.



LASTING FINISH PRO NAIL LACQUER

Polish like a pro! The Mistake-Free Pro brush delivers a super smooth finish and truly streak free results. Get up to 10 days of maximum colour impact and shine.

Get to know Georgia May a little better...

- Q:** Do you have any secret beauty tips?
- A:** Drink lots of water and sleep lots.
- Q:** How would you describe your make-up style?
- A:** Never perfect, slightly smeared! I don't spend ages doing it. I have a much more laid back approach.
- Q:** Now that you'll be a new face of Rimmel, how do you feel about so many women looking up to you as a role model?
- A:** I've never really thought about being a role model! I'm glad that I do represent a sort of goofy imperfection. I am not stick thin or really tall and my teeth are a bit messed up. But I think that's ok. I don't want to be perfect—it's impossible. I love it when girls are happy in their own skin.
- Q:** Complete this sentence: "London is..."
- A:** Whatever you want it to be.

XOXO,
Georgia May Jagger



rimmellondon.com

rimmellondon.com



NEW THE MAX

VOLUME FLASH
MASCARA

SKINNY TO FAT
IN 10 SECONDS FLAT

14X MORE VOLUME

OUR **BIGGEST BRUSH** EVER
COLLAGEN & KERATIN ENRICHED



Lily Cole is wearing The Max Volume Flash Mascara In Black.
*The U.K.'s #1 Mascara Brand based on retail volume sales data 52 w/e August 8, 2009.

GET THE LONDON LOOK



RIMMEL

LONDON



CVS/pharmacy • WALGREENS • K-MART • MEJER • H-E-B • FRED MEYER • WEGMANS • HARMON

www.journal-plaza.net & www.freedowns.net

your beauty

Hundreds of the biggest beauty junkies (*you!*) rated the coolest new products for spring. Their picks are so good, you'll want a lifetime supply! **by heather muir**



1

PLUMPING BALM

"It made my lips feel really soft, and it smells like cupcakes!"

-KYLEE, 21, JOHNSTOWN, PA
try: Bare Escentuals Buxom Big & Healthy Lip Balms in Portofino, St. Barths, and Waikiki, \$15 each, Sephora stores

OVERALL WINNER!

Most girls rated this their favorite product!

2

CREAM EYESHADOW

"The glitter made my eyes glow, and the liquid-y texture really does stick without making a mess!"

-FARAH, 17, NEW YORK, NY
try: Milani Crystal Eyez Sparkling Eye Shadow in Beautifully Brilliant, \$7, drugstores

3

CONCEALER

"It's the most awesome product if you have acne! It helped clear my trouble spots in a couple of days, and it's seriously a great portable item to carry in your bag for those surprise zits."

-DIANA, 18, LAS VEGAS, NV

try: Neutrogena SkinClearing Blemish Concealer, \$10, drugstores

4

CLEANSER

"I've tried so many cleansers to clear up my occasional breakouts and this worked! Plus, it has sparkles in it, which is really cute!"

-CHRISTINE, 16, TUCSON, AZ
try: Clean & Clear Finishes Pore Perfecting Cleanser, \$7, drugstores

66% said it made their pores smaller!



SHADOW STICKS

5

"It's so smooth and creamy, and I love that the colors were labeled 'step 1' and 'step 2,' so there was no mix up on how to apply it!"

-JOANNE, 24, AUBURN, ME
try: CoverGirl Smoky ShadowBlast Eye Color in Bronze Fire and Tempest Blue, \$8 each, drugstores

obsessions

6

BODY WASH

"My skin felt so silky after I used this, despite the cold New England weather. And I love the refreshing scent."

—YESENIA, 22, WOONSOCKET, RI

try: Tone Daily Detox Purifying Body Wash with White Clay & Pink Jasmine, \$4, drugstores

68%

say they're obsessed with the scent!



7

EYE BRIGHTENER

"This really opened the inner corners of my eyes, and I love that it works well with any eyeshadow color. I feel like I can create a ton of new looks with it."

—SARA, 18, GAMBIER, OH

try: Revlon Luxurious Color Eyeliner in Sparkling Silver, \$10, drugstores

mark. gloss gorgeous STAY ON LIP STAIN

LIPGLOSS

"I like that it's not drippy, gloppy, or sticky—it feels smooth and looks like my natural lip color. Plus, the click button on the end makes it feel so high-tech!"

—REBECCA, 16, GUTTENBERG, NJ

try: Mark Gloss Gorgeous Stay On Lip Stain in Bare Naturelle, \$9, meetmark.com



83%

loved the color!

9

CREAM BLUSH

"This blush is so flattering—it blends in so naturally and the glow I get is just insane!"

—SHAUNI, 19, ROCKVILLE, IN

try: N.Y.C. New York Color Blushable Crème Sticks in South Street Seashell, Urban Spice, Plaza Pink, and Big Apple Blush, \$4 each, drugstores

Vote for your faves!

Tell us about the beauty products you love at seventeen.com/besties.

blushable CRÈME STICK
Crème bâton Blushable

blushable CRÈME STICK
Crème bâton Blushable

blushable CRÈME STICK
Crème bâton Blushable

blushable CRÈME STICK
Crème bâton Blushable

10

DEODORANT

"This deodorant kept my underarms dry through my sweaty dance lessons, and it feels really soft and silky!"

—KATARINA, 15, MILWAUKEE, WI

try: Secret Smooth Effects, \$5, drugstores



SEVENTEEN.COM

Watch videos of real girls testing out these products at seventeen.com/raves

all new hair ideas!



17 EXPERT:
Tippi Shorter

This spring, have some fun with your hair! Star stylist **Tippi Shorter** (she works with Beyoncé and Rihanna) created a week of cool looks just for you. BY meredith gray

Mon.

jacki, 17

A zigzag part keeps sleek hair from looking flat.



CLASS PROJECT

soft bends

HOW-TO: Start the week off with a great easy do—use a **flat-iron** to give yourself soft waves! Start by smoothing the iron over small sections of dry hair. As you get three-quarters of the way down, tilt the iron **vertically** and wrap the rest of your hair around it (like you're using a curling iron). Hold for 10 seconds, then release.

try: Revlon Perfect Heat Professional Ceramic Straightener, \$25, drugstores



Tues.



BABYSITTING

twisted knot

HOW-TO: A windswept bun is fuss-free when you're on the job. Mist damp hair with a **wave spray** and scrunch to create beachy texture. Make a deep side part and sweep the front of your hair across your forehead to the opposite side. Roll it into a **loose twist** and bobby-pin it behind your ear, then gather the rest of your hair into a messy bun and secure with an elastic.

try: TIGI Love Peace & the Planet Totally Beachin' Body & Waves Styling Mist, \$19, tighaircare.com



Wed.

Use long bobby pins—they hold more hair so you need fewer of them.

ART CLUB MEETING

chic pouf

HOW-TO: A little height makes this updo polished yet cool! Glide a **pomade stick** directly on hair for shine, then comb back the top half and bobby-pin it against your crown, leaving **some volume** at the front. Pull the rest of your hair into a pony and loop an elastic around it, but don't pull the pony all the way through. Instead, spread it out **into a wide fan shape** and pin the edges against the back of your head, leaving the ends tucked into the elastic. Use the stick again to tame any flyaways.

try: Cutler Fly-Away Control Stick, \$23, cutlersalon.com



REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINX. HAIR: TIPPY SHORTER FOR PANTENE/EPHANY ARTIST GROUP. INC. MAKEUP: LUCKY FOR DOR COSMETICS/EPHANY ARTIST GROUP. INC. ON JACKI: (MON.) TANK, OLD NAVY; (TUES.) TANK, OLD NAVY; (WED.) TANK, OLD NAVY; (THURS.) TANK, OLD NAVY; (FRI.) TANK, OLD NAVY; (SAT.) TANK, OLD NAVY; (SUN.) TANK, OLD NAVY. JEWELRY: (MON.) TANK, OLD NAVY; (TUES.) TANK, OLD NAVY; (WED.) TANK, OLD NAVY; (THURS.) TANK, OLD NAVY; (FRI.) TANK, OLD NAVY; (SAT.) TANK, OLD NAVY; (SUN.) TANK, OLD NAVY. STYLING: J. MUCKLE/STUDIO D.

Thurs.

DINNER DATE

major body

HOW-TO: Full wild hair is super-flirty. Wash and towel-dry, then apply a **thickening mousse** for volume. Flip your head over as you blow-dry to lock in lift. Top with a **colorful headband**, placing it two inches back from your hairline.

try: Göt2b Fat-tastic Thickening Plumping Mousse, \$6, drugstores; Forever 21 Double Bow Headband, \$6, Forever 21 stores



Fri.

BASKETBALL GAME

bright swirl

HOW-TO: Show your school spirit in a cool way! Slick back hair into a tight pony and secure with an elastic; split the pony into two sections, then slide the **colored faux hair** into the base of each piece with the tiny attached comb. Twist each piece individually, then twist them around each other, and bobby-pin the ends beneath the base of your pony.

try: Manic Panic Glam Strip in Atomic Turquoise, \$6, rickysnyc.com



seen on the runway!
Backstage at
Zac Posen



Sat.

BOWLING

woven braid

HOW-TO: Gather just the sides of your hair (from your temples to the tops of your ears) into a wide French braid and secure with an elastic, then wrap a small piece of **leather** (available at any craft store) around it for a boho feel. Gently tug the braid to loosen it some more; add gloss with a **shine spray**.

try: Redken Vinyl Glam 02 Mega Shine Spray, \$18, salons



Sun.

Tease your pony
to give it
more height.

MOVIE NIGHT

perky pony

HOW-TO: Your hair deserves a break today too! Skip washing and just pull it into a **high pony**. Leave a few strands loose at the nape of your neck (it will make your hair look super-long!), and secure with an elastic. Braid a one-inch section from underneath and wrap it around the base; seal with **hairspray** to keep frizzies from falling out.

try: Garnier Fructis Style Full Control Anti-Humidity Hairspray, \$4, drugstores

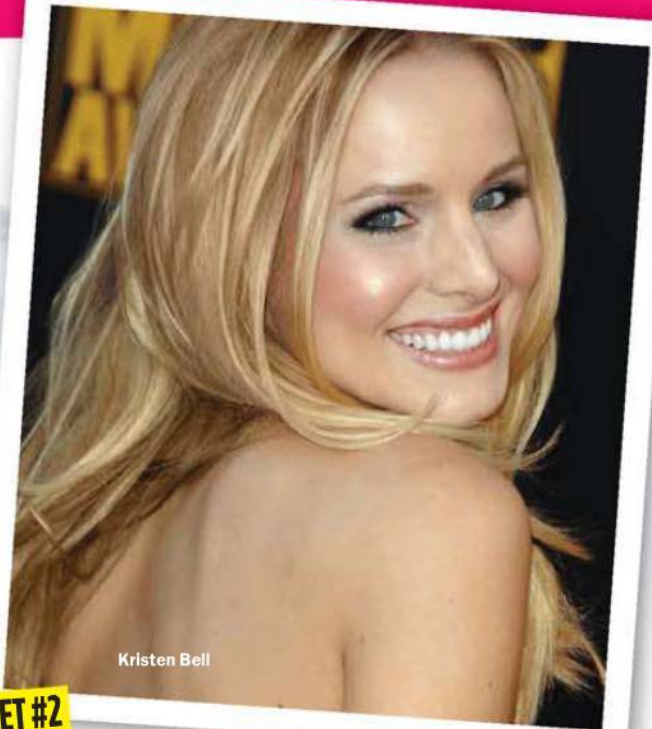


get flawless skin now!



17 EXPERT:
Kate Somerville

These stars spend hundreds on a facial with Kate Somerville—but she's letting you in on her secrets for free! **BY** heather muir



Kristen Bell



SECRET #1

calm redness:

Nix patchy red spots and get perfectly even skin like Amanda's by smoothing on a cooling aloe-packed moisturizer.

try: Yes to Tomatoes Totally Tranquil Facial Hydrating Lotion, \$16, Target stores



Amanda Seyfried



SECRET #2

brighten skin: Want a radiant complexion like Kristen's? Gently buff your skin twice a week with a scrub full of natural enzymes, like lactic acid, to dissolve dull skin cells.

try: Clean & Clear Blackhead Eraser Scrub, \$5, drugstores

“Don't overapply acne products—it dries out skin and make zits worse!”

—KATE SOMERVILLE

SECRET #3

minimize shine: To keep your skin looking naturally dewy like Jordin's—not greasy—use a toner only on your T-zone (forehead, nose, and chin)—it removes extra oil to leave your skin glowing.



Jordin Sparks



SECRET #4

shrink a zit: Maintain spotless skin like Lea's with this trick: Decrease swelling by wrapping an ice cube in a paper towel and holding it on the pimple for two minutes. Then dip a cotton swab into a spot treatment with sulfur—it helps dry up the pimple and keep pores clear. Dot it on the blemish to speed healing.



try: Kate Somerville EradiKate Acne Treatment, \$22, katesomerville.com



Lea Michele

SECRET #5

tighten pores:

Get clear skin like Lauren's by using a treatment mask with kaolin clay two times a week—it will draw out dirt and oil so your pores look smaller.

try: Mark Shine Fighter Oil-Control Mask, \$8, meetmark.com



Lauren Conrad

SEVENTEEN.COM

Win great Kate Somerville skin care products at seventeen.com/freebies

www.journal-plaza.net & www.freedowns.net

Design It!

Embellish It!



Bohemian

Simplicity 2692



Sassy

Simplicity 2692



Sophisticated

Simplicity 2692

Let your
inner designer
show through
at Prom
this year.

For all your fabric
and embellishment
needs visit Hancock
Fabrics today!

Hancock Fabrics

DISCOVER THE DESIGNER IN YOU

For locations or to buy online.....

Fan us on



SMOKY UNDEREYE

by Bianca, 19

Watch her videos at
seventeen.com/beautysmarties.

TOOLS:

try: Smashbox Photo-Op Under-Eye Brightener, \$18, Sephora stores; L'Oréal Paris Le Kohl Pencil Smooth Defining Eyeliner in Carbon Black, \$9, drugstores; Mark I-Mark Custom Pick Eye Shadow Duo in Biscotti and Corset, \$5 each, meetmark.com; Flirt! It Curl Curling Mascara in Bombshell Black, \$14, Kohl's.

HOW-TO:

1 Brush lids with highlighter.

"Bring extra light to lids (and balance dark liner) by applying a pearlescent highlighter all over. Using a brush deposits more product for maximum shimmer!"

2 Line inner rims with black.

"Use a soft black pencil to line inner rims and the lashlines of your bottom lids. The definition makes your eye shape stand out from the smokiness."

3 Blend, blend, blend!

"Sweep black shadow along your lower lashlines, and lightly dab the brush against your skin to blend. Then add ivory shadow to inner corners—it diffuses the black and makes eyes sparkle. Top with two coats of mascara on top lashes only."

"Get a look that's sultry but subtle by going smoky on your lower lashlines and keeping the top lids clean and simple."

makeup switch-ups

Try a fresh twist on looks you love. The Beauty Smarties show you how. BY meredith gray

STEP 1

"For a naturally sun-kissed glow, pick a bronzer with shimmery golden flecks—it will warm up your skin without looking fake. Swirl it along the apples of your cheeks, guiding it up toward your temples."

try: Rimmel London Sun Shimmer Maxi Bronzer in Sun Love, \$8, drugstores

ROSY CONTOUR

by Leesha, 22

Watch her videos at
seventeen.com/beautysmarties.

STEP 3

"Use a big fluffy brush to gently blend together the blush and bronzer you've applied—you don't want your cheeks to look stripe-y!"

try: EcoTools Bronzer Brush, \$10, ulta.com

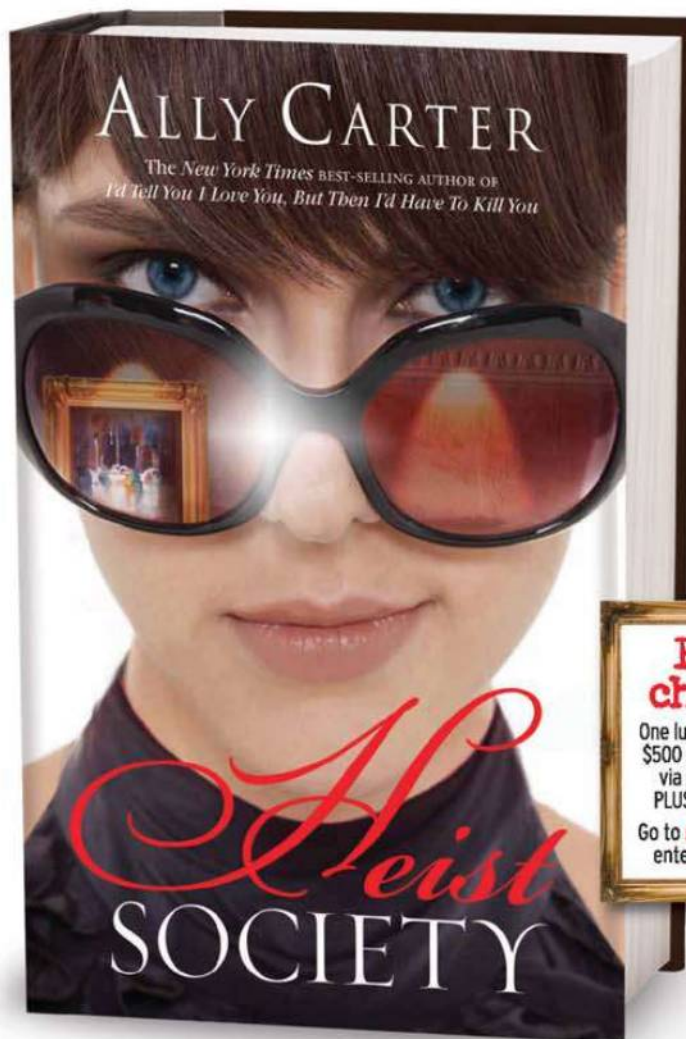
STEP 2

"Bring out your cheekbones by creating the illusion of a shadow—dust a rosy powder blush in the hollows of your cheeks for a perky pink contrast. Suck in your cheeks (make a fish face in the mirror!), so you know exactly where to place it."

try: CoverGirl Cheekers Blush in Rose Silk, \$4, drugstores

"For cheekbones that pop, apply bronzer on the apples and blush in the hollows—this creates shadows and depth so they stand out!"

Seven teenagers.
Five paintings.
One impossible heist.



A sassy,
sticky-fingered
new series
from the author
of the New
York Times
best-selling
Gallagher Girls
series

Enter for a
chance to win!

One lucky grand prize winner will receive a \$500 shopping spree, a style consultation via phone with a Seventeen Style Pro, PLUS dinner for two at a local hot spot. Go to seventeen.com/heistsociety and enter the Heist 'n Style Sweepstakes!

Text HEIST to DISNEY (347639)*

Be one of the first 250 people to text **HEIST** to **DISNEY** (347639)* to get a free pair of Heist Society Sunglasses with your purchase of *Heist Society*! Just be ready with the qualifying UPC code.



hyperionteens.com

Available wherever books are sold

NO PURCHASE NECESSARY TO ENTER OR WIN THE HEIST 'N STYLE SWEEPSTAKES. Sponsored by Hearst Communication, Inc. To Enter: Go to www.seventeen.com/heistsociety beginning 12:01am ET on 2/2/10 through 11:59pm ET on 3/8/10. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years of age and legal residents of the 50 United States and District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at www.seventeen.com/checkitout.

*Msg. & data rates may apply. If you're under 18, get your parents' permission first. Heist Society Sunglasses Gift With Purchase sponsored by Disney Book Group. To enter to win a free gift from Heist Society and Seventeen, Text "HEIST" to DISNEY (347639) from your cell phone and be ready to provide your qualifying UPC Code. 250 sunglasses available. By entering you consent to receive a further text message to notify if you are winner or to receive a response that the Sponsor has fulfilled all the prizes and there is no longer a chance to receive the prize. Sponsor's order of receipt of entries is final. Must be a resident of the 50 United States and District of Columbia between the ages of 13 and 24. Void in Puerto Rico and where prohibited by law. Limit one entry per person.

SCHOOL IS IN
SESSION.

LET THE
HEXING
BEGIN.



Witches, faeries,
vampires and
shapeshifters.
Sophie Mercer is
about to meet
her new
classmates.

Available wherever books are sold

hyperionteens.com

www.journal-plaza.net & www.freedowns.net

health

GET AMAZING CURVES!

You'll lift your booty, boost your bust, and whittle your middle with these power moves from Marco Borges, **Beyoncé's** trainer.



WORK IT!

Before her last tour, Beyoncé enhanced her naturally curvy shape with squats and lunges.

OPEN FOR WORKOUT MOVES!

food that makes you prettier!

It's true: The stuff you put in your body can actually make you look (and feel!) better.



GET A BRIGHTER SMILE!

strawberry-raspberry yogurt parfait

Yogurt and low-fat dairy, like skim milk, are high in **calcium** and **phosphorus**, which help teeth stay shiny and strong. Plus the **vitamin C** in the berries will keep your gums healthy, so they won't be red and swollen when you smile!

MAKE IT YOURSELF!

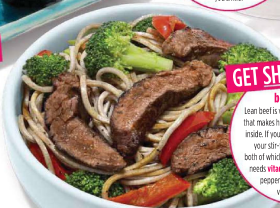
- 1/4 cup sliced strawberries
- 1/4 cup mixed berries
- 1/4 cup low-fat plain or vanilla yogurt
- 1/4 cup granola



GET CLEARER SKIN!

salmon sushi roll & edamame

Salmon and edamame (soy beans) have **omega-3 fatty acids**. These healthy fats help make your skin soft, and they may even protect against acne and clogged pores. (Bonus: **Omega-3s** keep your eyes sparkly and bright, too!)



GET SHINIER HAIR!

beef stir-fry

Lean beef is very rich in **iron**, a mineral that makes hair soft and shiny from the inside. If you're vegetarian, make sure your stir-fry has tofu or spinach, both of which have iron. But your body needs **vitamin C**, like in the red bell pepper, to absorb iron from veggie sources!

BEAUTY SABOTAGE!

Watch out for the nasty effects of too much junk food.



ZITS!

Too much **sugar** can make skin oily, and when oil gets trapped in your pores, it causes pimples.



PUFFY EYES!

If you're showing signs of bloat, salty snacks and fast food (with its extra **sodium**) may be to blame.



DRY SKIN!

A **caffeine** habit, like a few energy drinks a day, drains your body of moisture, which makes skin dry and dull.

17 EXPERT: Lisa Drayer, M.D., a nutritionist and the author of *The Beauty Diet* (New York: Greenleaf Publishing, 2009).

SEVENTEEN.COM

Check out our easy healthy smoothie recipe!

get sexy curves in

1

LIFT YOUR BUTT!

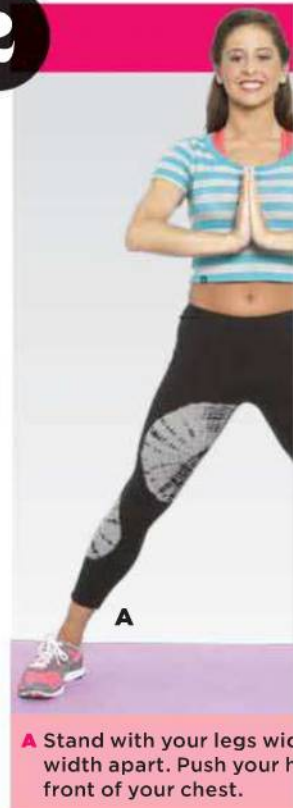
brittany, 20



TRAINING TIP:

"Make sure your abs are tight! You'll tone your tummy, plus it will help you keep your balance while you kick."

2

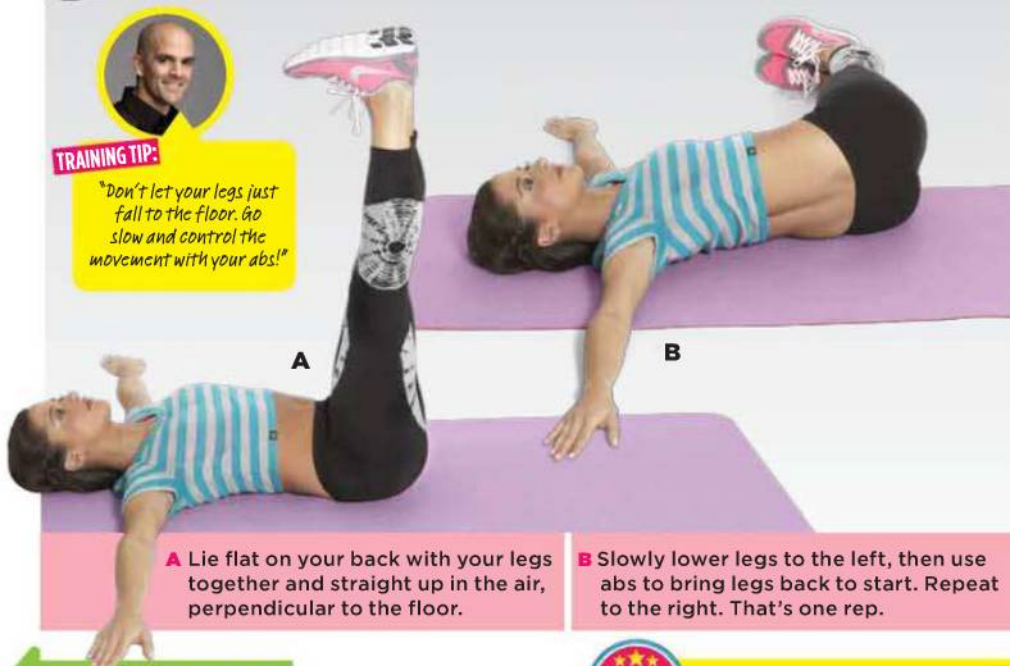


3

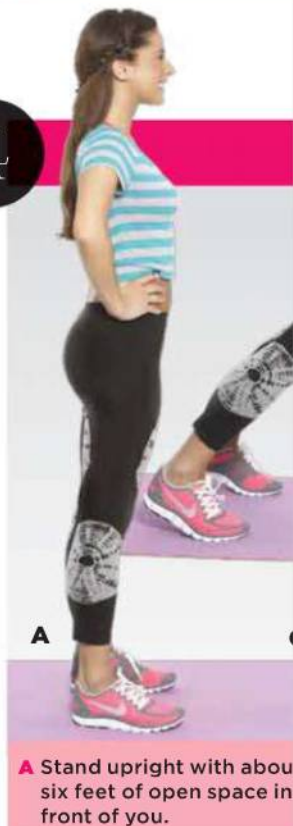
NIP YOUR WAIST!

TRAINING TIP:

"Don't let your legs just fall to the floor. Go slow and control the movement with your abs!"



4



TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for exclusive access to Marco's workouts.

n 4 moves!

This workout will make you look hot (and feel more confident!) in all those cute clothes that hug your body.

TRIM YOUR HIPS!

B Keeping your feet in place, lunge to the right until left leg is straight. Return to start, then repeat to the left side. That's one rep.

der than shoulder-
hands together in

C Slowly walk arms out to push-up position. Do a push-up, then walk back to start. That's one rep.

B Bend at waist to put hands on floor, so that body is in a V and back is straight.

YOUR PERSONAL TRAINER



NAME: Marco Borges

LOCATIONS: Miami, FL, and New York, NY

CELEBS HE'S TRAINED: Beyoncé, Gwen Stefani, and Shakira

WEB SITE: marcoborges.com

TRAINING TIP:

"When you're tired, think of the immediate payoffs—like the energy, confidence, and mood boosts—to get you moving!"

YOUR WEEKLY PLAN

This easy three-day workout routine will get you results by the end of the month!

SUN	☒ cardio 30 minutes ☒ strength 3 sets of 12 reps
MON	<i>rest day!</i>
TUES	☒ cardio 30 minutes ☒ strength 3 sets of 12 reps
WED	<i>rest day!</i>
THURS	☒ cardio 30 minutes ☒ strength 3 sets of 12 reps
FRI	<i>rest day!</i>
SAT	<i>rest day!</i>

WIN A SWAG BAG!



Go to seventeen.com/freebies for a chance to win a bag from Dakine. It's stuffed with these fitted tops and bottoms from Reese Activewear—perfect for showing off your curves!

Worth \$311 total!

SEX ED

IT'S NOT JUST YOU!

89%

of guys admit
to being worried
or anxious
about sex.what **guys** really
think about sex

It might seem like he's always looking to hook up, but the guys we surveyed say they've got more on their minds. (Warning: *Major* surprises ahead!) BY kim tranell

When it comes to sex, it's easy to default to the guy as the shot-caller. Maybe it's because he gives off a super-experienced vibe, or because it feels nice when he takes the lead while you're hooking up, but those same guys who act so confident in the moment told us in *private* that they're intimidated by sex too. They're not quite sure how to prevent pregnancy or what feels good for you, and they sure don't want to be in charge of all the big decisions. So read on to get all the juicy details from our guy survey, then use those facts to stay safe—and to make your relationships stronger.

LESSON #1 = **Guys want you to put on the brakes.**

Eight in ten guys have more respect for a girl who stops a hookup before it goes too far.

"Don't wait until the heat of the moment to push me away. I like confident girls who know their limits ahead of time and stick to them."

—ELIAS, 18, NEW YORK

SAY THIS: "Hey, I really like you, and I don't want this to turn into just a sex thing, so let's take our time. I promise that the more comfortable we get with each other, the more fun hooking up will be."

MAIN PHOTOS: SAYE (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY); SITTINGS EDITOR: BETSY MULLINIX; HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM; MAKEUP: THORA AT KATE RYAN INC.; FOR MAKE UP FOR EVER; ON HIM: SHIRT: ON HER: TOP, 5TH STREET; EARRINGS: LULU'S; 17 STATISTICS SOURCE: SURVEY DATA WAS COLLECTED ONLINE BY TRU AMONG 1,200 15- TO 22-YEAR OLD MALES BETWEEN OCTOBER 26, 2009, AND NOVEMBER 9, 2009.

LESSON #2 — You should bring up safe sex

Guys can be scared to deal with these tough topics on their own, but they want to be with a girl who protects and respects herself by being proactive about birth control.

✓ Ask him to use a condom.

94% of guys say they would wear a condom if a girl asked them.

✓ Get tested for STDs.

90% of guys say they would get an STD test if a girl brought it up.

✓ Discuss birth control.

89% of guys say they'd go with a girl to get birth control pills if that's what she wanted.



"When a girl wants to use a condom, it's actually really reassuring. I not only respect her for taking care of herself, but I also feel more comfortable hooking up, because I know she's someone who has protected herself in the past." —JAKE, 17, PENNSYLVANIA

MAKE AN APPOINTMENT AT THE CLINIC TOGETHER!

57%
of sexually active guys admit to having had **unprotected sex**, which puts you at risk for STDs and HIV.



LOOK OUT!

44%

of sexually active guys say they've had a **pregnancy scare** with a girl they've had sex with.

as seen on *Glee*
Finn thought he got Quinn pregnant by kissing in a hot tub, but really she cheated with Puck.

SEX MYTHS GUYS BELIEVE

These rumors are crazy and dangerous!

THE MYTH: A girl can't get pregnant during her period.

THE TRUTH: You *can*, and here's how: You may ovulate, or release an egg, at the end of your period or a few days after it's over. Since sperm stays alive for up to five days in your vagina, that egg can get fertilized—and you end up pregnant.

THE MYTH: Wearing two condoms is more effective than using one.

THE TRUTH: It's *less* effective! Wearing more than one condom can actually cause friction between the two layers of latex, meaning there's a chance that both condoms will break. So if you're having sex, always use a condom to protect yourself against pregnancy and STDs—but *only* one!

THE MYTH: A girl can't get pregnant if she's on the Pill.

THE TRUTH: The birth control pill is 99% effective at protecting you from pregnancy, but that's only if you remember to take it *every* day. Just one missed dose can increase your risk of getting pregnant, so if you decide to have sex, use the Pill *and* a condom to be extra safe.



“Anybody can have good sex, but if you can really relate to someone and learn from them, I think that's a stronger connection than a physical one.”

—DAREN KAGASOFF

LESSON #3 = **Waiting won't make him dump you...**



56%
of guys feel
relieved when a
girl wants to wait
to have sex.

"I'm all for it when a girl says, 'I like you. Let's wait.' Looking back at my best relationships, versus the flings that fizzled out, we always waited longer to take that step. Sex is so much cooler when you're really close to someone and the feelings are real."

—SAM, 19, NEW YORK

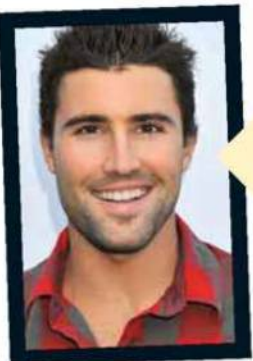
...and sex won't make him your BF.



40%
of sexually active guys
have had sex when
they knew it meant
more to the girl.

"Sex won't turn a friends-with-benefits situation into something more. If you want a relationship, tell him before having sex. It may scare him off, but even if it does, that hurts a lot less than feeling used."

—KEENAN, 19, MASSACHUSETTS



“ If you have a guy who wants to hook up with you right away, that's not a guy who's trying to date you—he's probably trying to just hook up. Everything intimate is so much more exciting if you wait and prolong it. **”**

—BRODY JENNER



HEY, WAIT!

74%

of guys expect to be seeing or dating someone for **at least one to two months** before having sex.

DOUBLE-STANDARD ALERT!

53%

of guys say having lots of hookups makes them **more popular.**

(But 71% say it makes a girl less popular!)

JUICY CONFESSION!

60%

of guys admit they've lied about sex, like how far they've gone or how many partners they've had.

YOU'VE DONE IT. NOW WHAT?

About one in four guys who has had sex admits to sketchy behavior afterward. Here's why . . .

... he doesn't call:

"Sometimes a guy won't turn down a hookup if a girl is willing, but we don't look at it as a way to start a real relationship. That's why we don't call. Going too far too soon is a turn-off. It sends the message that you do it all the time and it's just casual."

—ALBERT, 18, NEW JERSEY

... he loses interest in you:

"Sometimes if sex happens right away in a relationship, it can ruin things—you lose that 'the best is yet to come' mind-set. There's no more mystery or excitement."

—VINCE, 18, TEXAS

... he gets obsessed with having sex:

"Sex is fun and exciting, especially when it's new to us. Plus, we know that the more we have sex, the better we get at it. Practice helps us to feel comfortable and confident."

—BRIAN, 18, MARYLAND

“For some reason [when I lost my virginity], I tried to portray myself as a man who'd had sex many times in the past. I didn't tell the girl I was a virgin. I was all, 'Don't worry, babe.' And meanwhile, I was shaking in my boots.”

—SHIA LABEOUF



LESSON #4 = Guys feel the pressure too.

21% of them say that a girl has tried to push them to go further sexually.

"Guys are expected to always be ready to have sex if the opportunity presents itself, and I don't think that's fair. It can be a big decision for us too." —SID, 19, CALIFORNIA

no pressure

Relax. If your guy wants to slow things down a bit, that's probably good news!



Thanks to **The National Campaign to Prevent Teen and Unplanned Pregnancy** for sponsoring the survey. Check out their site, stayteen.org, for info on birth control, delaying sex, and more!

17 EXPERT: Amy Kramer, The National Campaign to Prevent Teen and Unplanned Pregnancy.

SEVENTEEN.COM

Got sex questions? Get advice at seventeen.com/ask.

love life



meet great GUYS!

The secret to meeting the cutest guys—
with no awkwardness!—is being an
awesome wingwoman. (PS: It's fun!)

by elisa benson

be the perfect wingwoman

Use these tricks to help your friend meet guys, then let her return the favor!

1

Make a game plan.

The whole idea of using a wingwoman is to meet guys without seeming like you're trying. So first you'll make an introduction for your friend, then let her do the same for you! At a party, stake out a spot near high-traffic areas (like the kitchen or pool table) where a ton of cuties filter through.

2

Pick out a guy.

It's easiest to chat with guys standing around the perimeter of the room—where people stand when they're waiting for something to happen. Avoid any guy engrossed in the TV or Xbox (you'll never get his attention) or with a big group (his friends you're not flirting with might get bored and bug him to leave).

3

Make your approach.

When your friend sets her eye on someone, lead the way and talk to him first—since *you're* not into him, it's less nerve-racking to make the first move. Say, "You're in Mrs. Mowrey's fifth period, right? Have you met my friend?" Awesome wings don't need to know a dude to make an introduction!

4

Get out of there!

After you jump-start the convo, stick around for only a minute or two—just long enough to throw out a few juicy nuggets of info about her. ("She's a pro at getting backstage at concerts! There was this one time . . ."). Your job is to set her up with a cool story, then split while the guy is 100 percent focused on her.

5

Time an interruption.

After they've chatted for about 10 minutes—enough time to build a flirty rapport—go back to them with a graceful reason why you both need to leave. ("Liz keeps texting—I told her we're on our way!") The idea is to pull her out of the convo on the highest note, so he'll want to follow up for sure.

wing weapon: paper & pen!



It can be too bold to **give out your own number**, but a wingwoman can help you in a casual way: "We've got to take off, but give Gena your number so I don't feel bad ending the convo!" So easy!

secret reader move:

have an exit plan!

“

Sometimes meeting a guy is the most fun part—but you don't want to get stuck in a long conversation if he turns out to be a dud. So before you head out, **pick a secret signal**

(like touching your nose) that you can flash if you need your friend to save you. It also helps to think up some good excuses in advance. ('Sarah just got here—let's go say hi!') **Wingwomen always have an escape route!**”

—elise, 16, evansville, in



Elise and her BFF winggirl, Bekah!

WHO ARE WHITNEY'S WINGS?

Don't limit yourself to just one wing. Whitney Port has a whole team to help her with guys!



THE INSTIGATOR

A loudmouth like **Roxy Olin** will push you to talk to new guys or say yes to adventures when you're feeling suddenly shy.



THE BOOSTER

A wing who has a guy, like **Lauren Conrad**, will let you have all the attention—and get you in with her BF's cute friends!



THE CONNECTOR

A girl who seems to know everyone, like **Sammy Swettra**, can take you to cool parties and make tons of introductions.

17 EXPERT: Rachel Greenwald is a professional dating coach and the author of *Have Him at Hello* (Three Rivers Press, 2010).

SEVENTEEN.COM

Get more tricks for meeting guys with your friends at seventeen.com/wingwoman

www.journal-plaza.net & www.freedowns.net

MAIN PHOTO: NICK OAKEN; FASHION STYLIST: KATIE RAINE; HAIR: KOU HIGASHINO; MAKEUP: THORA FOR NARS COSMETICS AT KATE RYAN, INC.; ON MODELS: (LEFT) DRESS: ARK AND CO.; RING: LULU'S; (CENTER) JACKET: LULU'S; DRESS: JONESV; EARRINGS: A.V. MAX; NECKLACE: HULLABALOO; GOLD BANGLES: ALL POMO BY JOAN GOODMAN; RED BANGLE: KENNETH JAY LANE; (RIGHT) SHIRT: SISLEY; HAT: QUIKSILVER; PORT: ISAAC BREKKE/WIREIMAGE; OLIN: JIM SPELLMAN/WIREIMAGE; CONRAD: DIMITRIOS KAMBOURIS/WIREIMAGE; SWETTRA: CHARLES ESHELMAN/FILMMAGIC; STILL LIFE: (PEN) SOUTHERN STOCK.

weird things dudes do before a date

You'd never leave the house without one last mirror check—but you won't believe these guys' elaborate rituals!

by elisa benson



PUMP MYEGO!

"I wink at myself in the mirror, and say, 'You ready to go, Big Guy?'"

—DYLAN, 18, MAHAFFEY, PA

SPRITZ AWAY!



"When I'm getting ready for a date, I always hit my key spots with Axe: pits, chest, crotch, and butt. I just can't leave the house without smelling fresh. It's an awesome compliment when a girl says you smell good—it's like a hint that she's into you."

—BRIAN, 18, COLONIA, NJ



celeb secret

GET SQUEAKY CLEAN!

"I like to make sure I'm fresh and clean. I even wash behind my ears like my mom used to tell me!"

—JUSTIN BIEBER, 15



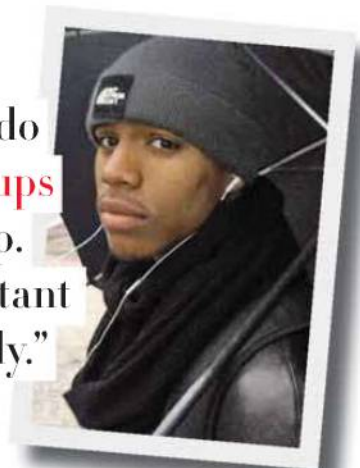
his deal

There are two kinds of dudes: ones who admit they check themselves out—and liars. Ha!

WORK OUT!

"Before any date, I do two sets of 10 pull-ups so my arms swell up. It's the most important part of getting ready."

—CHRIS, 19, BRONX, NY



PSYCH UP!

"Before a date, I have all this excess energy, so I listen to T.I. or Li'l Wayne and rap the lyrics in the mirror. It helps me feel like a bad-a**!"

—NATE, 21, DETROIT, MI



CHANGE TUNES!

"My standard move is to look up which artists my date has listed under her Favorite Music on Facebook, then add a couple of those songs to my iPod playlist, **even if I don't like them**. You know, just to emphasize our undeniable connection." **-TYLER, 19, DALLAS, TX**

WASH MY CAR!

"It gives me time to **plan the date** in my mind and helps me **make a great first impression**—when my car is hot, it makes me look hot!"

-LANDIN, 18, SAN DIEGO, CA



seventeen
HOT GUY
PANELIST
Ask your Os at
seventeen.com/
hotguys

GO COMMANDO!

OMG!

"This one time I randomly **decided not to wear underwear** to see how comfortable it would be, and I ended up having a great day. So now, as a good luck ritual, I **don't wear underwear** on dates. I know it's weird, but I can't leave my house with them on!"

-PAUL, 18, WIND GAP, PA

is he still nervous?

If his pregame routine hasn't helped his confidence, throw him a bone!

If his ...

CLOTHES ARE WRONG:

Reassure him by picking a **specific thing to compliment**: "Cool sneakers! Where are they from?"

If he ...

SPILLS SOMETHING:

Shift the focus by **poking fun at yourself**: "Now you don't get to laugh if I trip in these heels later!"

If his ...

ZIT IS OOZING:

Stay cool. Casually say, "I think you have something on your face," and **hand him a tissue**.

Nicole by O.P.I.
15 mL - 0.5 FL. OZ. e

Try it on at
nicolebyopi.com
Color shown: Keep It Real

Available at:
ULTA and ulta.com

NAIL LACQUER CONTAINS NO DBP, TOLUENE, OR FORMALDEHYDE
800.341.9999 ©2010 OPI Products Inc.

SEVENTEEN.COM Find out how celeb guys get ready for dates at seventeen.com/predates.

www.journal-plaza.net & www.freedowns.net

“what i learned from long-distance love”

Tanya, 20, sees her BF, a US Marine, fewer than 30 days a year. But the space has actually made them **stronger**. AS TOLD TO elisa benson

The day after my boyfriend, Joel, helped me move into my freshman college dorm in Michigan, he left for boot camp in South Carolina. We had met at a party a year earlier—he went to school the next town over. He told me right away he wanted to join the military, and I was impressed by his passion. We hung out constantly, and during a spring break trip to Mexico, he told me he loved me. But now, I was starting college, and suddenly he was hundreds of miles away.

Joel's boot camp didn't allow calls or e-mails, so we could only talk through letters. It was hard, but I loved the anticipation of checking my mailbox and the thrill of tearing open an envelope, like it was the best present ever.

At first, Joel wrote about his daily routine at boot camp. But later, he wrote about things he couldn't wait to do with me again, like get hot chocolate at Starbucks or drive around and go any place we wanted for dinner. He'd write lists, like the Top 10 Things I Miss About You (which I hung by my computer). Every time I got a new letter, my friends would ask me to read it out loud. Then I'd reread it again and again before storing it in a box with all the rest.

One day last spring, Joel called from where he had been stationed in California. He said calmly, "I'm getting deployed to Iraq." My stomach dropped, but I tried to suppress my feelings. I told myself it wouldn't be that

bad—he's an electrician and works on helicopters, so he'd be out of the danger zone. But we didn't know if or when we'd be able to talk—I was nervous about what it would mean for our relationship.

The first few weeks he was in Iraq, he didn't have any phone or Internet access, so I'd write him letters pages

“I'd read each letter out loud, then reread it again and again.”

long. By the time he could phone regularly, it was summer, and I was interning full time. I started to feel guilty when he'd call during work and I couldn't answer. When we did talk, I worried about what to say. I didn't want to ask about Iraq, because it depressed him. But I didn't want to go on about my internship or friends and make him feel like he was missing out.

One night, a friend complained about her long-distance boyfriend. I snapped and said, "I'm sorry he lives two hours away, but you could see him in a day—you should be grateful." Joel



She's a real-life "Dear John"!

fiction is fact

In *Dear John*, Amanda Seyfried writes to her soldier, Channing Tatum. It's reality for Tanya and her BF, Joel.

and I had gone *eight months* without each other! Sometimes I'd want to hold him so bad, I'd feel hollow, like I was physically worn out from missing him.

Now I've learned to manage those feelings—because I've *had to*. I have rules: I put something on my schedule every day to distract myself. And right after visits with Joel, I can't watch any chick flicks or be the third wheel with another couple—it makes me too sad.

Going through this experience has made me a different person. This May, I'm graduating—a year early—and I already have a job lined up. It's Joel who inspired me to think about my future. And he's different too: Three years ago, he wasn't motivated by school, but now he's taking college classes while he's serving, so he'll have his degree when he finishes his five years of active duty in August 2012. Our long-distance relationship forced us to be experts in communication—so even though we're apart, we can grow together. 17



*Discover the secret
for beautiful hair.*

**The Original
Mane 'n Tail®**

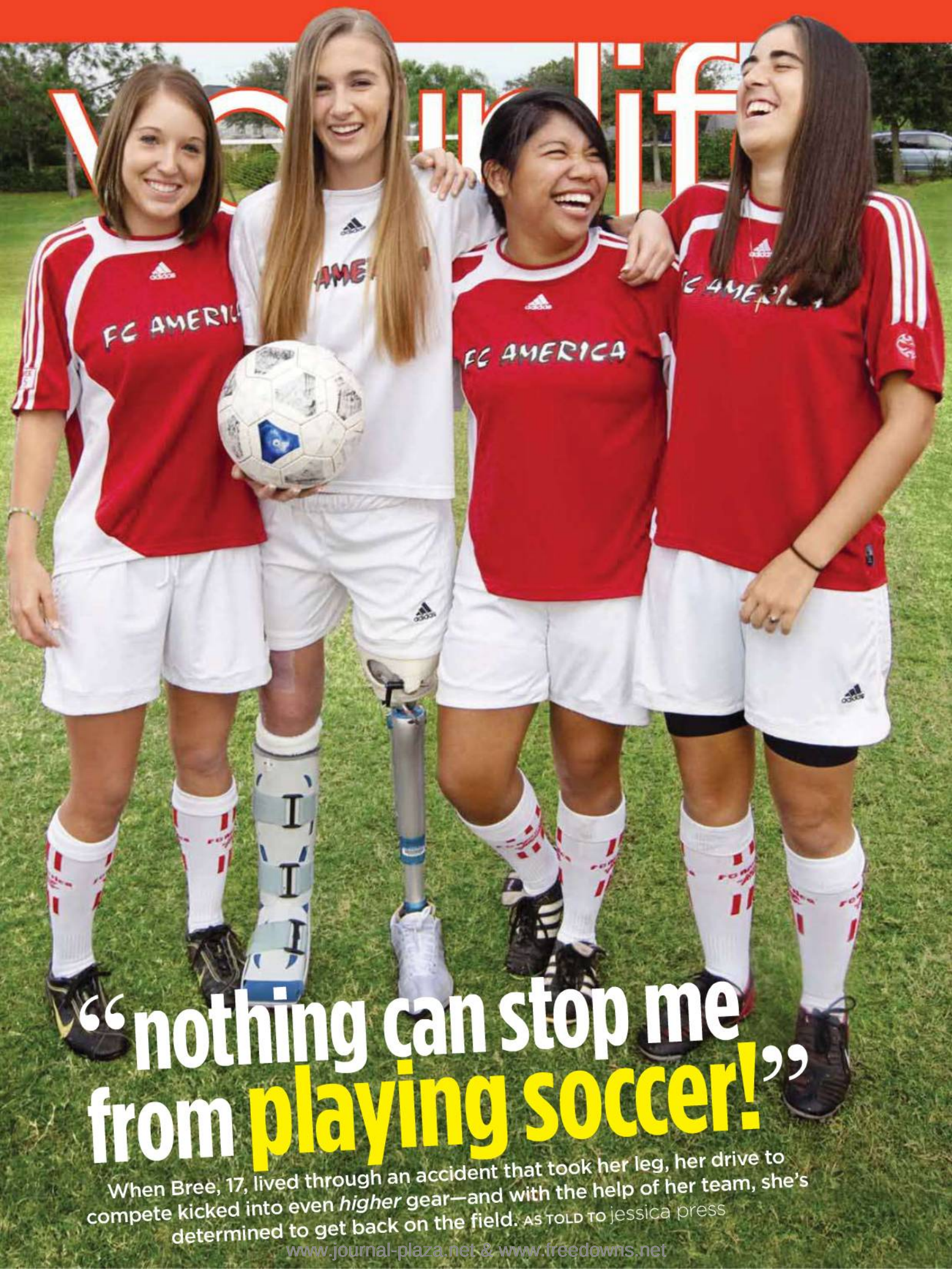
Shampoo

Exclusive formula cleans without stripping and is fortified with moisturizers and emollients leaving hair silky soft and shiny.

Conditioner

Fortifies and nourishes hair and scalp. Keeps hair tangle free, soft and manageable for styling.





“nothing can stop me
from **playing soccer!**”

When Bree, 17, lived through an accident that took her leg, her drive to compete kicked into even *higher* gear—and with the help of her team, she's determined to get back on the field. As TOLD to jessica press

www.journal-plaza.net & www.freedowns.net

One perfectly sunny Saturday last fall, my club soccer team was holding a car wash fund-raiser and having the best time. We were in shorts and bikinis and had so much to be happy about—we'd won our games the weekend before and we were excited for a game the next day. Plus I'd just accepted a soccer scholarship to Brevard College, a Division II school that I couldn't wait to play for! We were psyched to make our final club team year awesome, and take our early lead as far as we could. I play pretty much every position, from offense to goal, and my team nickname was The Beast, because I'm really aggressive, I don't let injuries stop me, and I hate losing.

Halfway through the car wash, my teammate Chelsea wanted to get her SUV washed, so she jumped in her car as I pointed her to an empty spot. But as she was pulling in, her foot slipped; she was wearing flip-flops, and she pressed too hard on the gas. Her car flew at me, pinning me against a wall! I collapsed as blood started gushing around me. Chelsea ran to me, saying, "I'm so sorry—I love you, I'm sorry!" "It's okay," I said. I was woozy and tried take deep breaths to stay calm. "I love you too."

An ambulance took me to the hospital, where my boyfriend, Shane, was waiting to hug and kiss me and tell me everything would be okay. But I must have been in total shock, because I couldn't even cry.

FAST-FORWARD

The next thing I knew, I was waking up in a hospital room surrounded by my parents, my two brothers, and Shane—it was six days later! The doctors had put me in a coma to spare me the tremendous pain and shock I'd have felt during the surgeries I needed. I woke up feeling numb and out of it, but when I reached down to feel my leg, all I felt was a pillow. "Where's my leg?" I asked. That's when the doctor started talking in a calm voice, saying it had come down to losing my left leg, or

losing my life—the blood flow to my leg had been severed—and my leg had to go. In that moment, my "Beast" attitude kicked right in: All I could think about was getting back on the field to play soccer. "When can I run?" I asked. The doctor said it would take months of physical therapy with a prosthetic leg before I'd be at that point. I made the doctor show me what was left of my legs—the wounds were so deep that they looked like train tracks running over my skin. It was really hard to see—you never think your own body will scare you. But I willed myself to look at it; I'd never been afraid, and I'd always faced things instead of hiding from them. And when my team visited, the first thing I did was show them too:

“When I reached down to feel my leg, all I felt was a pillow.”

I wanted it to be out in the open, something we didn't ignore or whisper about. I'd never had fakeness with my friends, and I didn't want it now.

NEW GOAL

I spent the next 32 days in the hospital and had eight surgeries. The doctors had told my parents that I might not be able to use my right leg again, either. But I felt like that was just a bigger dare to prove everyone wrong.

So I started doing physical rehab every day—when I thought I couldn't take the pain of it, I'd remind myself of my goal: to get on the field. And two months later, I did what I set out to do and shocked my doctors—I wiggled my toes, moved my ankle, and was on my way to walking with a prosthetic!

Some days are still so hard: There are nights when I wake up from horrible pain in my leg. "Stop hurting!" I plead with my foot, literally talking to it. There are times when I want to go back to the way things were—like when I can't get to a bathroom without help, or when I

look at my leg and don't recognize it as my own. Shane has been amazing about getting me over my self-consciousness: "I never dated your leg," he said. "I date *you*—and you're still beautiful." And my teammates have been incredible—they visited me every day, they held bake sales to raise money for me, and, most important, they still include me when they hang out and treat me the same as before. As much as we love soccer, we love *each other* more and are just as loyal off the field as we are when we're on it.

But it's not just my friends who have shown me incredible support: My school coach chose me as a team captain—I wore my captain armband to every game as I cheered from the bench. And the coach at Brevard College said he still wants me on the team—the scholarship is still mine! That makes me even *more* determined to get on the field and to fulfill my dreams of becoming a phys-ed teacher and high school soccer coach. I know this may sound crazy, but if this accident had to happen to anyone on my team, I'm glad it was to me. I've always been tough, and this has just made me tougher—and *more* sure about what I want in life. **17**

UNSTOPPABLE!

Bree has awesome heroes to look up to—these are just two amputee athletes paving the way for her:



Sarah Reinertsen

is the first female amputee to complete in the Ford Ironman Triathlon World Championship.



Aimee Mullins,

a double-amputee, set world records in college for sprints and the long-jump. Plus, she's modeled!

the truth about sororities

Freshman 15's Shelby didn't think she was the sorority type. But now she loves being a Delta Zeta! Here's what she learned during rush week.

BY shelby webb

If you rush, you don't have to join.

My mom kept telling me how much she had loved being in a sorority in college, so for months she pressured me to go through "rush"—the process where you have scheduled visits with different sororities in hopes of getting asked to join one. I finally decided to go for it after I found out you're allowed to **drop out of rush at any time**. So even if you're unsure about whether you see yourself in a sorority, you can give it a try.



kicked off campus for serving it). It's really about seeing where you click.

The girls are super-diverse.

Before rush, I assumed **the stereotypes about sorority girls were true**: They're all superficial girly girls who spend their time gushing over frat guys. But then I met girls who are rock climbers, musicians, and even pro surfers! Not every house was for me, but a few had chill girls just like my friends from home.

There's no alcohol.

I thought rush would be a bunch of drunken parties where girls judge your outfit. But it's very structured: You're at each sorority house for a certain amount of time (20 to 60 minutes, depending on how many houses you're visiting that night), and **tons of girls talk to you**. Plus, there's **no alcohol** involved during rush (sororities can get

It is expensive.

It's true sororities can cost hundreds of dollars per semester—but **the dues usually include a meal plan**, parties and formals, and keeping the sorority house clean (you can even opt to live there!). My other friends pay almost that much for food and socializing anyway.



the sisterhood
Shelby and her Delta Zeta sisters are decked out in their school colors for a U. of Florida Gators pregame party.

We do a lot of philanthropy.

One thing that surprised me was how much Greek life is about giving back. My sorority raises money for organizations that benefit deaf people—which is close to my heart because I volunteered in the deaf community in high school, and I love sign language! Plus, **the fund-raisers are fun**: We play capture the flag and have huge dance-offs, all while raising money for great causes. It really makes Greek life a lot more meaningful.

WHY I DIDN'T RUSH

Sororities aren't for everybody—these Freshmen 15 explain why.



I DIDN'T NEED IT

"Maybe at a big school where it's hard to find your niche, a sorority would be more important. But I go to a small school—there's no feeling of getting lost in the crowd."

—jessica, university of san diego



I DIDN'T WANT DRAMA

"Huge groups of girls can be catty. I've heard stories about girls who rub one sister the wrong way and the whole house turns against them. No, thanks!"

—alex, university of south carolina

win \$10,000 worth of free dresses!

ARE YOU IN THE Best-Dressed Sorority in America?

Show us pics of how cute your chapter is and you could all win a formal-dress shopping spree from JCPenney and be featured in an upcoming issue of *Seventeen!* Enter now at seventeen.com/sorority or see page 137 for details.



STILL LIFE: (DRESS) COURTESY OF JCPENNEY.

Selena Gomez's MISSION:

“No child should die from a cause we know how to so easily prevent.”



keep kids **alive!**

Thousands of kids die every day because they don't have food, medicine, or safe drinking water. Selena Gomez wants to make that number zero.



SELENA SAYS:

* WHY IT MATTERS

“I was so shocked to find out that around the world, 24,000 children a day die from things we know how to prevent and treat. For example, more than 4,000 children die every day from water-related diseases, like malaria and diarrhea, alone!”

* WHAT I'M DOING

“I recently traveled to Africa to see the impact UNICEF can have. UNICEF helps kids stay alive, healthy, and safe—and to see so many kids playing, instead of suffering from sicknesses that used to plague their village, showed me that every bit of support counts. Now as a UNICEF ambassador, I'm spreading the word that everyone can help. Think about this: With just \$10, UNICEF can provide a child with clean water for an entire year!”

make it **YOUR** mission



SHOP TO HELP

Buy this cool animal-print bangle for \$10. A portion of the proceeds will benefit UNICEF. Go to shopcardsandgifts.unicefusa.org.



PARTY FOR A CAUSE

Host a UNICEF Tap Project Party during World Water Week, March 21–March 27. Go to tapproject.org to get a free Volunteer Kit—then throw a party that gets people to support clean water for girls everywhere.

YMI^{usa}



FREE JEANS WEDNESDAYS

Every Wednesday
YMI gives away a
FREE PAIR OF JEANS
to a lucky fan!

Become a
YMI fan
on Facebook!



facebook.com/ymijeans

ymijeans.com

SEVENTEEN.COM

Volunteer in your area! Find out how at seventeen.com/dosomething.

www.journal-plaza.net & www.freedowns.net

EASY MONEY

make \$150 by friday!

Want more cash for this weekend? (Who doesn't!)
Seventeen money expert, **Farnoosh Torabi**,
has an easy five-day plan to make it happen!

Hey, Hilary, resell
that book when
you're done with it!



Hilary Duff

MON

TUES

WED

THURS

FRI

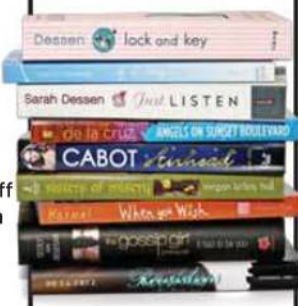


sell an old gadget

Have an old iPod lying around after a holiday upgrade? Sell it to gazelle.com, which trades your old tech stuff for quick cash! (You can choose to get paid via check, PayPal, or an amazon.com gift card).

unload books

Sell your books at chegg.com, where you can earn \$40 for a textbook and \$10 or more for novels, best sellers, and everything else. If Chegg gets your book by Tuesday, you could be paid by Friday with a Visa gift card.



petsit or babysit

If you're at least 17, list your services on care.com and sitters.com. You can start getting job requests by e-mail within 24 hours! (Just make sure to check out the families in person, first.) If you're under 17, call around to busy moms within your neighborhood to find last-minute gigs.



be a personal shopper

Offer to take your family's grocery list and research coupons at thegrocerygame.com—a site that tracks coupons at major grocery stores. Then strike a deal that you'll get 50 percent of however much money you save mom or dad—so if they save \$40, they'll pay you \$20!



turn in loose change

TD Bank's Penny Arcade lets you turn in loose change for quick cash—at no cost. Or use your supermarket's Coinstar, which will charge you about 9 cents for every dollar. (Pssst: If you redeem your coins for a gift card—not cash—there's no fee.)



\$100

+\$10

+\$15

+\$20

+\$5

= \$150

celeb FAST-CASH TIP!

“I'm such a huge fan of **eBay**. When I was 19, I went to my dad and said, 'I need you to loan me some money to buy **seven pairs of Manolo Blahnik boots**.' He looked at me like I was crazy! I said, 'I'll give you interest if I don't pay you back within a week.' So he finally loaned it to me, I bought the seven pairs of shoes, and **I sold each pair for \$2,500!** That's what started me selling on eBay—and I just got hooked!”

—KIM KARDASHIAN



it pays to be a social beauty™

go to **meetmark.com/seventeen** to become
a **mark. Rep** today and get a **FREE** beauty bonus



mark.
makeup & fashion you can buy and sell



sign up online now

the 2010 deb total prom makeover, enter to win @ debshops.com



▶ cupcake gown featured in fuchsia, sizes 3-24



deb

debshops.com

MASQUERADE

seventeen

March 2010



Yo-Yo Dating p.120



Style Starts Here! p.104



Your First Look p.116



I ♥ My ... p.110



Bright Idea p.124



Can You Catch
An Eating Disorder? p.130



Lauren p.98

SPRING FEVER!

It's the perfect time to play with a new look, steal styling tricks from interns who live and breathe fashion, and take a page from Lauren Conrad's (best-selling!) book, to kick off spring the right way.

PHOTOS: (YO-YO DATING) SAGE; (STYLE STARTS HERE) SASHA EISENMAN; (FIRST LOOK) ROBERT DIAUL; (I ♥ MY ...) ONDREA BARBE; (BRIGHT IDEA) AKOS; (CAN YOU CATCH AN EATING DISORDER?) CHRIS ECKERT/STUDIO D; (CONRAD) JONTY DAVIES.

**Who says
nice girls
finish last?**

**photographs by jonty davies
by patty adams martinez**



ON LAUREN: Top,
Moschino Cheap and Chic;
skirt, Sena; gemstone
bangle, Sequin; Lucite
bangles, both Alexis Bittar.



ON LAUREN: Jacket, D&G;
bodysuit, Heartloom;
jeans, Anlo; gloves, Miss
Numa; shoes, Pollini.

Doesn't it seem like every time you turn on the TV, you're bombarded with a dozen new reality shows and a million new "stars"? It's starting to feel like any girl in America can just be famous. But to turn your 15 minutes into something more requires good old-fashioned hard work and *lots* of integrity. (Are you listening Snooki!?) That's what sets Lauren Conrad apart. She's always had huge dreams for herself, and never lost her focus—no matter how many guys broke her heart or girls tried to derail her with their drama. With every success she's had since leaving *The Hills*, she has proven once and for all that good girls *do* get ahead. And it's inspiring to see how everything she touches turns to gold. Her first book, *L.A. Candy*, became a *New York Times* Best Seller (and is being made into a movie); her second book, *Sweet Little Lies*, comes out this month; and her LC Lauren Conrad clothing line for Kohl's is a hit. And not only is she on a career high, but she's also found happiness in her love life: After years of dating bad boys and players (Stephen, Jason, and Brody), Lauren has found true love, with actor Kyle Howard. She took a leap of faith by leaving *The Hills* to follow her heart, and figured out how to turn her everyday life and girly passions into big business. Lauren opened up to *Seventeen* about the secrets to getting what you really want—the nice way.

17: Were you surprised that your first book, *L.A. Candy*, became a best seller?

Lauren Conrad: Having a book on the *New York Times* Best Sellers list is obviously a huge honor. It's a little bizarre to me, though. I joke about it with my friends, like, "They really let me on that list?" I was shocked! I don't think you ever expect that. I just wanted it to do decently.

17: Out of everything you've done, what has been the most fulfilling for you?

LC: Everything I've gotten to do in fashion. My first runway show was a really big deal for me since I'm so into fashion, and my line for Kohl's is really cool. Fashion was always my number one thing and it still is. It doesn't feel like work. It's the thing I love to do.

17: Do you miss being on TV at all?

LC: I've developed weird habits after five years on TV. Like I still feel for a microphone before I say something. I pause midsentence when planes fly over, because I know it messes with the audio and I'd have to do it over again. I have a five-second delay when I'm talking, where I try to think my words through in my head before I say them, because once they come out

of my mouth, they're there on tape forever. Those habits are slowly going away, though, which is nice.

17: Did you do the show thinking it was going to help launch your career?

LC: When the show started to be successful, I realized it could be a platform for getting into fashion. But in the beginning, I was 17 and I just wanted to be on TV. I wish I could give myself more credit and say I had a whole business plan, but really I just thought MTV was cool and that it would be fun.

17: What did you learn about yourself from all those years on television?

LC: I learned that I play with my hair and bite my nails way too much! I also learned that I'm a really good friend. I take care of the people I love and I'm very protective of them. I've made a lot of mistakes, so I have a really bad habit of not wanting anyone I love to go through the same bad things. But I've grown to learn that the best thing to do is to let them learn for themselves and then just to be there for the aftermath. It's hard to watch someone you love heading toward a storm, but it's really the only way they'll learn.

17: Rumor has it that your boyfriend, Kyle, didn't want to be on *The Hills*. True or false?

LC: False. It never even came up, because by the time I met Kyle, I had already perfected my "double life."

**BEING CALLED
THE NICE GIRL
IS WAY BETTER
THAN BEING
CALLED A BITCH.**

There was my TV life and my real life. Most of my closest friends were never on the show; my family was rarely on. I think it's better that way. It's not normal to put every part of your personal life on camera. You have to have something for yourself or you'll go crazy.

17: How is Kyle different from the other guys you've dated?

LC: He's really sweet, and I didn't always like sweet guys. He's so funny and he makes me laugh every day. It's not work with him—it's easy. He's also very supportive and instills confidence in me rather than making me feel insecure about myself. And most important, he hasn't cheated on me like every other guy I've dated!

ON LAUREN: Top; Hervé
Léger; skirt, Whitley Kros;
bracelet, Alexis Bittar.

**I CAN PULL
OFF CUTE
BUT I DON'T
HAVE AN
OUNCE OF
SEXY IN ME.**

17: Did you know at the time that those guys were cheating on you?

LC: Oh, I knew back then when I was being cheated on. But I overlooked it. The more confident me has come to the point where I've finally realized it's *not* something that everyone does. And it's *not* okay to have your guy hook up with someone else. You deserve better.

17: Do you think that comes with maturity?

LC: Yes. I think it's a phase you go through. You like the bad boys, and you think you can change them and fix them. It's just a part of growing up. I think it's important for you to meet all different types of people, because it makes you realize what you want and don't want in a person you're dating. You learn a little more from each guy in your life.

17: What qualities should girls look for in a guy they want to date?

LC: I think it is really important to be with someone who supports you, is proud of you, and is basically your best friend. If you're lucky enough to date your best friend, then you're *very* lucky.

17: Everyone thinks of you as the nice girl. Is that what you think?

LC: I do try to take the high road. I'm not the type to pull people down while trying to claw my way to the top. And of course being called the nice girl is way better than being called a bitch!

17: Is there a motto you live by?

LC: I was going through a really tough time with people all around me saying really awful things, and I had a dream that I got a tattoo. When I woke up in the morning, I went out and got one on my lower back. The tattoo I have says "Sticks and Stones." It's the most

elementary concept—sticks and stones will break my bones, but words will never harm me. That's something we're taught our whole lives, but still when people say bad things about you, you're going to be upset. So this is to remind me that people can say whatever they want, but their words are never truly going to hurt me.

17: You've become a role model to so many girls. How does that make you feel?

LC: If anyone tells you that you've impacted her life, it's amazing. On the book tour for *Sweet Little Lies*, I want every person to have a moment with me. I don't want my fans to feel like they stood in line and didn't get anything from me but a smile and an autograph.

17: Who is your role model?

LC: Tyra Banks. I've done her talk show a few times and a guest spot on *America's Next Top Model*, and she's Superwoman. She got in there, taped the show, did a 15-minute interview, and then had to hop on a flight. She wasn't stressed or a diva either. She had the best attitude. To be able to live that always-on-the-go lifestyle, and look great while you do it, is amazing.

17: You've been going pretty nonstop for years too. What do you like to do during your downtime?

LC: I've been able to try out some hobbies. I bought a bunch of cookbooks, and whenever I was bored, I would make zucchini or banana bread—until my roommates told me I had to stop because we were all gaining weight. I also bought a really expensive camera and took up photography, but I wasn't that great. And I tried taking burlesque dance classes—a total disaster. I can pull off cute, but I don't have an ounce of sexy in me. I just looked awkward. So that's when I decided it was time to throw myself back into work. I'm not the relaxed hobby type. I'm my happiest when I'm going, going, going! **17**

LAUREN'S READING LIST

Take a peek at what's on her bookshelf. . . .

**Chelsea
Chelsea
Bang Bang**

"It comes out this month! I love her two other books. She's a genius."

The Game

"This book helped me understand guys—if that's possible! I want to write a dating book, so I read a lot of self-help dating books."

**Sweet
Little Lies**

"I wanted the book to sound very much like my voice, but when I started writing, I decided to express different views through different characters."

Crank

"It's about a girl who's a drug addict. On each page the words are scattered, so it's a little hard to read, but it's good."

**The Great
Gatsby**

"I love, love, love this book. I'm obsessed with the '20s. I'm a flapper for Halloween almost every year."



jacket

Sizes XS-L, Diesel,
\$520, Diesel stores.

top

Sizes XXS-L, Diesel,
\$160, Diesel stores.

jeans

Sizes 24-29, Diesel,
\$230, Diesel stores.

shoes

Sizes 5-10, Diesel
Black Gold, \$786,
Diesel stores.

necklaces

Black and rhinestone
necklace, Sassy
South, \$30,
sassysouth.com; rope
necklace, Charlotte
Russe, \$8, Charlotte
Russe stores.

style starts here!

If you want to know what makes great fashion, ask
the interns! These girls are learning about it from the
inside—and spilling all the secrets!

**charlotte, 21,
diesel**

"I usually stick to basics, but
now I've learned how to add
edgy pieces without looking
too tough. I can wear
destroyed jeans and leather
and chains, but I add in some
color to make the look
prettier and to show off my
classic side too."

Photographed at Diesel showroom.

photographs by sasha eisenman

www.journal-plaza.net & www.freedowns.net

camisole

Sizes 0–12,
Rebecca Taylor, \$195,
Bloomingdale's.

skirt

Sizes 0–12,
Rebecca Taylor, \$225,
Bloomingdale's.

belt

Rebecca Taylor, \$165,
Bloomingdale's.



**meri-leigh, 21,
rebecca taylor**

"I used to think I had to wear a printed top with a black skirt—I only felt comfortable in simple pieces—but at Rebecca Taylor, I've seen a million ways to wear one piece. I've learned to layer and mix prints and play with accessories so my look feels cooler and more special."

Photographed at Rebecca Taylor showroom.

jacket

Sizes XS-XL, DKNY
Jeans, \$79, Macy's.

tank

Sizes XS-XL, DKNY
Jeans, \$49, Macy's.

shorts

Sizes XS-XL, DKNY
Jeans, \$59, Macy's.

necklace

Forever 21, \$7,
select Forever 21 stores.

bangles

AMI Clubwear, \$4 each,
amclubwear.com.

belt

Tommy Hilfiger, \$68,
Tommy Hilfiger stores.

heels

Sizes 6-11, Christian
Siriano for Payless, \$35,
Payless ShoeSource
stores.

**esty. 21,
dKNY jeans**

"For hanging out with friends, I used to go for just jeans and a tee, but now I get how you can dress anything up with a few easy touches—like a blazer and heels—to be comfortable and stylish at the same time. I would wear this to the mall, out in the city, wherever."

Photographed at DKNY Jeans showroom.



top

Sizes 0-10, Betsey Johnson, \$258, betseyjohnson.com.

leggings

Sizes P-L, Betsey Johnson, \$98, betseyjohnson.com.

necklace

Betsey Johnson, \$140, betseyjohnson.com.

bracelets

Pearl bracelet, \$115, charm bracelet, \$75, and cuff bracelet, \$85, all Betsey Johnson, betseyjohnson.com.

heels

Sizes 6-10, Betsey Johnson, \$200, betseyjohnson.com.

**ashley, 21,
betsey johnson**

"Working at Betsey has really taught me to embrace color—fuchsia, neon, purple, everything!—and mix it all together. So now I pair different patterns and colors that might seem crazy, but I make outfits work by grounding them with black or brown."

Photographed at Betsey Johnson showroom.

get their look

DOWNTOWN EDGY

Toughen up by mixing leather and denim with industrial accessories.



tee
Sizes XXS-L, Diesel,
\$50, Diesel stores

jacket
Sizes S-L, Charlotte
Russe, \$33, Charlotte
Russe stores

sneakers
Sizes 3-13, Blondie
Converse, \$85,
zappos.com.

jeans
Sizes 0-13, Rip Curl, \$60,
waveridingvehicles.com

belt
Urban Original,
\$8, urbanog.com

flirty floral

Layer florals and ruffles in pale hues and navy, for a cool take on sweet.



tee
Sizes 0-12,
Rebecca Taylor,
\$125,
Bloomingdale's.

bag
O'Neill, \$40,
oneill.com

skirt
Sizes S-L, AMI
Clubwear, \$12,
amiclubwear.com

necklace
Lulu's, \$29,
lulus.com

cardigan
Sizes S-L, Lulu's,
\$69, lulus.com

Put these interns' fashion tricks to work for you!

CITY SLEEK

Get this fun sporty look with solids in basic fitted shapes and intense colors.



heels
Sizes 5-11, Nine West, \$89, select Nordstrom

tank
Sizes XS-XL, DKNY Jeans, \$34, Macy's.
necklace
Express, \$40, select Express stores.

sunglasses
Fantas-Eyes, \$10, urbanoutfitters.com

watch
KR3W, \$50, zumiez.com

skirt
Sizes S-L, Grass, \$39, Macy's

girly glam

Have crazy fun with lace, super-bright colors, and mixed prints!



ring
Betsey Johnson, \$45, select Dillard's

tank
Sizes S-L, Mary Green, \$36, marygreen.com

skirt
Sizes XS-XXL, Daang Goodman for Tripp NYC, \$50, trippnyc.com.

heels
Sizes 5-11, Fergie, \$100, shoes.com

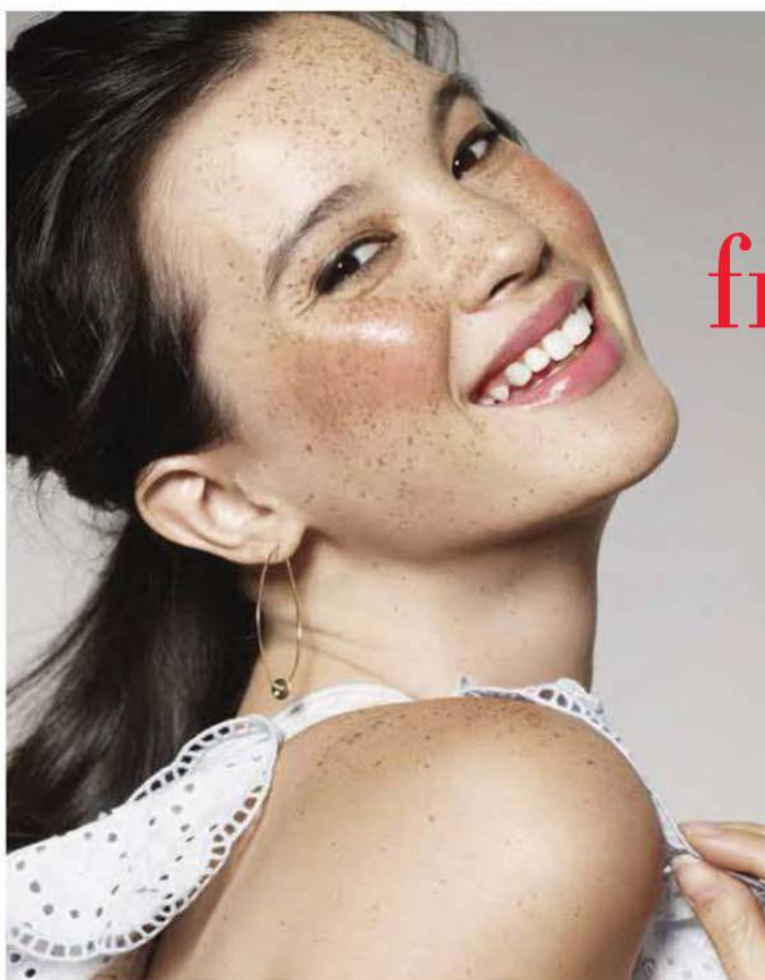
dress
Sizes XS-XL, Unique Vintage, \$78, unique-vintage.com

i ♥ my...

SOMETIMES YOUR QUIRKS CAN BE YOUR BIGGEST ASSET. STEAL THESE GIRLS' TRICKS TO MAKE YOUR UNIQUE BEAUTY STAND OUT.

by Yesenia Almonte

Photographs by Ondrea Barbe



pretty freckles

“

My freckles add warmth to my fair skin. I skip the heavy makeup and instead apply sheer bright blush—it contrasts with my freckles and helps show them off!

”

—MELISSA

try: Victoria's Secret Very Sexy Makeup Mosaic in Love Life, \$28, Victoria's Secret stores

ON AAVAMAGDALENE: DRESS, SOPHIA EUGENE; EARRINGS, HELEN FICALORA. ON NELISSA: DRESS, SEE BY CHLOÉ; EARRINGS, STYLIST'S OWN.

wild curls

“

My curls need a mega amount of attention, but I love them! To control the frizz, I condition my hair once in the shower with a rinse-out and again before styling with a leave-in. Then I finger-comb gel through my curls to keep them from poufing. My gel and conditioner tag along with me everywhere I go!

”

—AAVAMAGDALENE

try: Pantene Pro-V Curls Conditioner, \$4, and L'Oréal Paris Studio Line Above It All Invisi Gel, \$5, both drugstores



“

My father has these great thick brows, which is why I've always embraced mine. I brush my brows and only tweeze below them, and I stay away from magnifying mirrors—they can make you go plucking crazy!

”

—BRUNA

try: Maybelline New York Expert Tools
Brush N' Comb, \$8, drugstores

full brows

www.journal-plaza.net & www.freedowns.net

light eyes

“

My light eyes and my dark skin tell a personal story—I get my dark skin from my parents and my light eyes from my grandfather. My favorite way to play them up is with gold eyeshadow. It brings out the honey tones in my eyes and looks good against my deeper skin tone.

”

—KIRBY

try: CoverGirl Eye Enhancers in Gold Sizzle, **at:** drugstores

“

*The gap in my teeth
is what makes me
look sweet, and I
would never change
that. That's why I use
a bright cherry
gloss—it puts the
focus on my smile!*

”

CAROLINE

try: L'Oréal Paris
Colour Juice Sheer Juicy
Lip Gloss In Cherry on
Top, \$8, drugstores

gappy teeth

strong nose

“

My nose reminds me of my beautiful Peruvian Incan heritage. I make it stand out with a strong center part (it's like an arrow pointing directly at my nose)—and then I spritz on a glossing spray for an extra-sleek look that keeps all the attention on my face.

”

MARIA JOSE

try: Garnier Fructis
Style Brilliantine Shine
Glossing Spray,
\$4 drugstores



your first look



Here's your exclusive sneak peek at Mary-Kate and Ashley's new Olsenboye collection for JCPenney—it's all about *your* style. Whether you're feeling fashion-y or sweet, every single piece can match your mood!

tee Sizes S–XL, \$18
skirt Sizes S–XL, \$40
socks Sizes 6½–11, \$30
 All Olsenboye, JCPenney
 and jcp.com.

bracelet
 JCPenney, \$13,
 JCPenney.
tights
 Hue, \$7, hue.com.



"When Ashley and I design, we like to think of every girl and how she can mix and match to create her own personal style."
 —MARY-KATE

photographs by robert diadul



tunic Sizes S-XL, \$25.
Both Olsenboye, JCPenney
and jcp.com.

On model (left):

jacket
Sizes XS-XL, Insight, \$108,
karmaloop.com.

sunglasses
Oakley, \$135, oakley.com.

ring
Lulu's, \$11, lulus.com.

booties
Sizes 5½-10, Urban Original,
\$24, urbanog.com.

On model (right):

shirt
Sizes XXS-XXL, American
Eagle, \$18, ae.com.

hat
Lulu's, \$28, lulus.com.

socks
Lulu's, \$10, lulus.com.

slippers
Pink Cookie, \$9, Sears.

boots
Sizes 5-12, Dr. Marten's,
\$120, drmartens.com.



jacket Sizes S-XL, \$30.
jeans Sizes S-XL, \$30.
Both Olsenboye, JCPenney
and jcp.com.

shirt
Sizes XS-L, Dollhouse,
\$36, Macy's.
**necklace (worn as
a headband)**
Euforia, \$100,
euforia.us.
bracelets
Pink wrap-around bracelet,
Rachel Rachel Roy,
\$36, Macy's; gunmetal
bangles, Cutesygirl, \$6,
cutesygirl.com.

*"It's so important to
have a great blazer—
and make it fun!"*
—MARY-KATE

Fashion Stylist: Danielle Nachmani. Hair: Charles Baker Strahan, celebrity stylist for Herbal Essences.
Makeup: Gita Bass for Exclusive Artists for Make Up For Ever. Manicure: Barbara Mutnick for Artistsbytimothyprano.com.



dress Sizes S-XL, \$25.
boots Sizes 6-10, \$60.
Both Olsenboye, JCPenney
and jcp.com.

sweater

Sizes XS-L, Say What?,
\$25, saywhatny.com.

belt

Gap, \$35, Gap stores.

bracelets

Stretch bracelet, \$38,

Armani Exchange,

armanitexchange.com;

silver bracelet, Lucky Brand,

\$29, Dillard's.

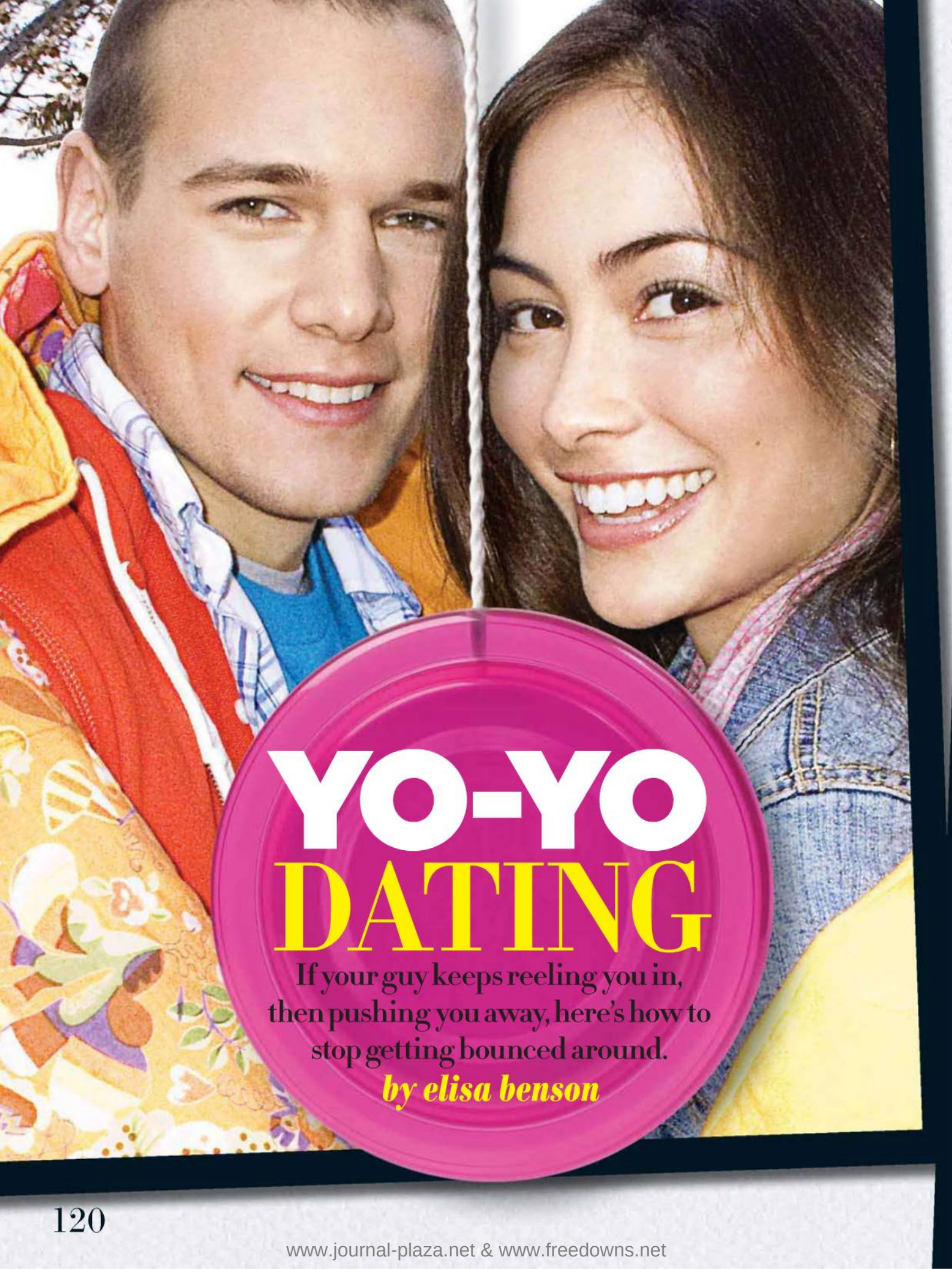
ring

Tweetie de Leon, \$180,

tweetiedeleon.com.

"This dress is
just as wearable
for day or night.
Put on heels and
a little black
jacket and go out
or dress it down
with flats!"

-ASHLEY



YO-YO DATING

If your guy keeps reeling you in,
then pushing you away, here's how to
stop getting bounced around.

by elisa benson

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESSEME/CONTACTNYC.COM. MAKEUP: CLAUDIA LAKE FOR NARS COSMETICS/CONTACTNYC. ON HIM: HOODIE, OLD NAVY; BUTTON-DOWN AND BLUE TEE, BOTH AEROPOSTALE. ON HER: JACKET, AMETHYST, SOFEE; SCARF, ROCKY. EARRINGS, STYLIST'S OWN; NECKLACE, FOREVER 21. STILL LIFE: (YO-YO BODY) JAUNTY JUNIOR; (YO-YO STRING) PATRICK STRATHEMER. ADDITIONAL REPORTING: (1) 'CELEBRITY YO-YO' AND 'WHY HE KEEPS YOU HANGING' SIDEBAR(S) RACHEL MOSELY.

Every girl
knows a guy like
this: He flirts with you in the
hallway, texts you every night before
bed, and puts out the vibe that he's
seriously interested in you. That is until he
chats up another girl at a party, sends a three-
word reply to your Facebook message, and acts
like he doesn't want a girlfriend. But just as you're
ready to give up on him, he makes some irresistibly
sweet gesture that pulls you right back in. Now
it's time to figure out what's really going
through his head. Because when you
understand *why* his feelings seem so up-
and-down, you can decide whether
it's time to cut the cord on his
yo-yo—for good!

who's stringing you along?

Pick the situation that sounds most like your guy, then learn *why* he's acting so flaky.

the hot/cold crush

HIS DEAL: He flirts with you in the hallway and even walks you to class. But then at a party, he flirts with other girls right in front of you. What gives?!?

YOUR MOVE: This guy makes you feel special, so it's tough to hear that he just wants to be friends. He thinks flirting is a part of being pals and an easy ego stroke. Soak up the attention, but stay open to other guys you have a real chance with ... like his cute friends!

the label hater

HIS DEAL: You have long, personal conversations and text every night before bed, but when you invite him to dinner or prom, he acts like you're trying to smother him into a serious relationship.

YOUR MOVE: It's annoying when guys assume you're turning them into a BF, when you're fine with how things are—you just thought prom would be fun! The upside? You're not tied down to him, so you're free to hang out with whomever you want!

the repeat hookup

HIS DEAL: He acts into you and when you hook up, it's amazing, so you're bummed when he doesn't text afterward to ask you out. But then he pursues you again and you hook up, hoping this time the connection will last.

YOUR MOVE: Sure, a great relationship can start from something physical. But a lot of guys don't see it that way. Look for chances to hang out *without* hooking up so your guy knows you could be interested in more.

the on-again, off-again BF

HIS DEAL: Most of the time he's an awesome boyfriend, but your relationship is still filled with stupid fights that lead to angry breakups. You always make up, but the cycle starts over.

YOUR MOVE: You're drawn to the drama of fights and breakups because it ignites a fire in your relationship—which means the *real* fire is out. Next time, break for at least one month. This will give you the space to figure out if your heart is still in it.

no more yo-yo

These love rules will help you untangle a messy romance—and avoid getting stuck in one in the future!

DO: Be a 50/50 flirt.

A guy who likes you will make sure you know it. So if you feel like you're initiating more than 50 percent of the flirting, step back and let *him* keep things going. It stops you from wasting time on a guy who's not totally invested.

DO: Be the star of your social life.

Do you ever show up to a party just because you're secretly hoping to run into your crush? When you pin your hopes of a fun night on a guy, it sets you up for disappointment. Plan your social life around what *you* want to do.

DO: Be honest with yourself.

It can seem like you should be fine with casual hookups, but it's okay to admit if you're *not* comfortable being friends with benefits. A relationship that gives you only half of what you want won't make you happy for long. Hold out!

celebrity yo-yo

90210's AnnaLynne McCord and Twilight's Kellan Lutz first met as models. It's been a rocky road since!

SEPTEMBER 2008

FIRST KISS

When Kellan lands a role on *90210*, they share a hot TV kiss—and off-screen chemistry.



JANUARY 3, 2009

BACK ON

All is forgiven during a vacay in Miami. Months later AnnaLynne tells friends, "It's official."



DECEMBER 31, 2008

PARTY FOUL

AnnaLynne and Kellan celebrate New Years Eve together—until she catches him kissing another girl. Ouch!



SUMMER 2009

BIRTHDAY BUST

When Kellan doesn't buy AnnaLynne a birthday gift, she calls things off; he tells reporters he's lying low "with my dog."



OCTOBER 27, 2009

HOT HOOKUP

Caught in the act! Paparazzi photos of the couple kissing are leaked online.



NOVEMBER 16, 2009

IN DENIAL

When asked on the radio if they're dating, Kellan responds, "No. Never have been." Nice try!

love at first fight
Is this a makeup or a breakup?!

why he keeps you hanging

He wants you to break up with him.



"Last year, I started picking fights with my girlfriend and flaking out on plans because I had my eye on another girl. At the time, I thought it was a way of paving the way to a breakup. But when I look back on it, I feel awful. It was just mean." **-MATT, 18, WHARTON, NJ**

He's just having fun.



"There was this girl who liked me. I wasn't into her, but it was fun to flirt—attention is always a good thing! When she asked me to prom, I realized she *really* liked me, so I lied and told her I was taking another girl. Afterward, I felt ashamed for leading her on." **-FELIX, 20, TEXARKANA, TX**

He wants to hook up.



"I was hooking up with this girl almost every night. She'd always say she wanted to date for real, but I'd be like, 'I don't know—I don't want to rush anything.' But I *knew* I didn't want to date her. She just made it so easy to hook up by always initiating everything. So I kept doing it, to avoid having to deal with breaking it off with her." **-MICHAEL, 18, HARTLY, DE**

You haven't had "the talk."



"If I'm interested in something serious with a girl, I will absolutely let her know. But until we say we're exclusive, I'll keep dating other people." **-SPENCER, 20, QUEENS, NY**



are you the yo-yo?

It feels good to have someone hold your hand, even if it's your ex. And it's great when a cute guy kisses you, even if you're not really into him. But the truth is, when you hold on to a guy you *don't* want, you cheat yourself out of finding a guy who's a better match for you.

*ARE YOU THE YO-YO? PHOTO: SAYS; SITTINGS EDITOR: BETSY MULLINX; HAIR: TYLER LASWELL FOR TRESEMME/CONTACTING.COM; MAKEUP: THORA AT KATE RYAN INC.; FOR MAKE UP FOR EVER; *CELEBRITY YO-YO PHOTOS: (LOVE AT FIRST FIGHT) JOHN SHEPHERD/WIREIMAGE; (PARTY FOUL) GUY/FLYNET; (BACK ON) MIGUEL GARCIA/WIREIMAGE; (BIRTHDAY BUST) CHRIS POLK/FILMMAGIC; (HOT HOOKUP) DEAN/NATIONAL PHOTO GROUP



EYE CANDY

Sweeten your lids with a sweep of orange shadow or a thin swipe of turquoise liner. If you're feeling shy, wear just a clear lip gloss, or go all out with hot pink lips.

try: Illamasqua Powder Eyeshadow in Vapour, \$20, sephora.com

try: Hard Candy
Take Me Out Liner
Eyeliner Pencil in Chop
Suey, \$6, Walmart
stores; Wet N Wild
Megalast Lip Color in
Smokin' Hot Pink,
\$2, drugstores

PHOTOGRAPHS BY AKOS

BRIGHT IDEA

LIGHT UP YOUR FAVORITE FEATURE WITH SPRING'S
ELECTRIC NEW MAKEUP TREND. CELEBRITY MAKEUP
ARTIST TINA TURNBOW SHOWS YOU HOW.

BY YESENIA ALMONTE

try: OPI Nail
Lacquer in Alpine
Snow Matte, \$9,
ULTA stores

WHITE HOT

Opaque white is
spring's new black.
Just slick on two
coats for total
coverage, plus a
shiny top coat.

LOUD MOUTH

No need for blush! You'll get a cool flush of color by applying a bright purple pencil all over your lips—it stays on longer than lipstick. Dab on balm for shine.

try: MAC Lip Pencil in Magenta, \$13, maccosmetics.com

MORE BRIGHT IDEAS

FIND YOUR PERFECT PUNCH OF COLOR WITH THESE
FLASHY SHADES FOR EYES, LIPS, AND NAILS.

try: Hard Candy
Intensifeye Radiant
Shadow Stick in Moody
and Pop, \$6 each,
Walmart stores



try: Smashbox
Cosmetics Blush
Rush in Radiance,
\$24, sephora.com

try: NYX Professional
Makeup The Caribbean
Collection Palette in
I Dream of St. Lucia,
\$9, nyxcosmetics.com

try: Make Up For
Ever Powder Blush
in Lavender #9,
\$19, sephora.com

try: OPI Nail
Lacquer in A Good
Man-Darin Is Hard to
Find, \$9, ULTA stores

try: Sally Hansen
Insta-Dri Nail Color
in Brisk Blue, \$5,
drugstores

try: Maybelline
New York Express
Finish Nail Color
in Pink Shock, \$4,
drugstores

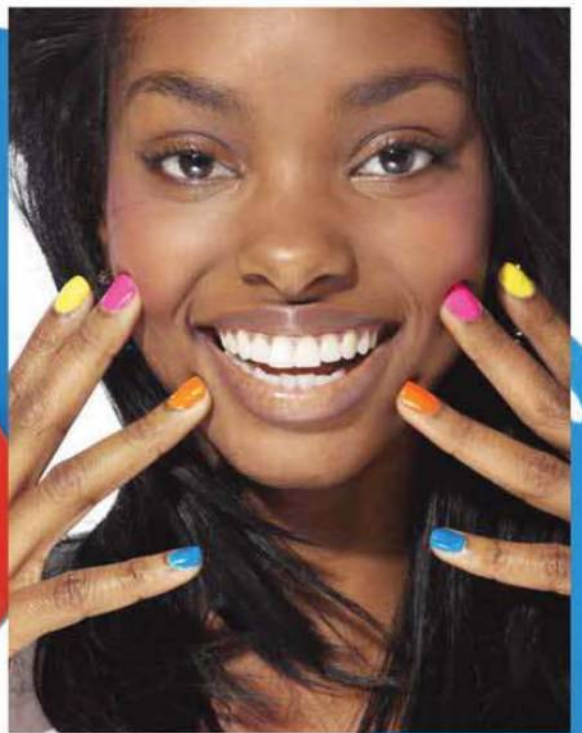
try: CoverGirl
Boundless Color Nail
Polish in White Night,
\$4, drugstores

try: China Glaze Nail
Lacquer in Celtic Sun,
\$7, sallybeauty.com

try: Essie Nail
Polish in Bright Tights,
\$8, essie.com

try: NYX Professional
Makeup Powder Blush
in Cinnamon, \$6,
nyxcosmetics.com

try: NARS Lipstick
in Schiap, \$24,
narscosmetics.com





can you catch an

eating disorder?

It's easy to pick up a friend's trademark phrase or her style tricks. But if your friend has an eating disorder, it could trigger one in you too. BY MARINA KHIDEKEL

You know how it is with your friends: One of you discovers a new lip gloss that you're obsessed with, and suddenly your whole crew swears by it. Or you fall in love with a new band, and before long, you're all blasting their songs in your cars. Or maybe there's a competitive edge: Whatever one of you gets into, the other has to do and outdo—like with sports or guys. That's just how it is with friends—the more time you spend together, the more you pick up each other's habits. But the problem is that sometimes the habit is a negative attitude about food or your bodies: One friend decides to go on a diet because she feels “fat” and you feel that you should be on a diet too. Or a friend says she's giving up certain foods, and you suddenly feel like a pig eating them around her, or maybe you decide to give them up to prove to her and yourself that you can do it more easily. And while eating disorders (EDs) are not contagious—you can't catch one by touching someone who has one—disordered eating behaviors can rub off on people who have a family history of eating disorders, make an ED worse for someone who's already been struggling with one, or trigger an ED in someone who's been teetering on the edge. But when you understand the dangerous dynamics that could send you or your friends into an ED tailspin, you can protect yourself—and each other.

"My sorority sisters 'competed' to see who could eat the least."

I was a dancer in high school and always got compliments on my thin body. I ate whatever I wanted and never dieted. But when I started college and sorority rush, I became totally body conscious. To me, rush felt like one long week of being judged: Girls would tell me I was pretty or skinny and even though they said it as a compliment, it felt like a constant spotlight on my body. I kept comparing myself to other girls: It seemed like the ones who got invited back to the best sororities were thin and beautiful, and I wanted to look like them. A lot of the girls I rushed with went on crash diets—a few religiously counted calories, and I decided doing that would be my ticket to getting into a good sorority. I dropped a few pounds, and all that dieting seemed to pay off when I was chosen by my favorite sorority.

Once I was in, the pressure felt even more intense. One girl would brag about how little she ate, then another would one-up her by saying all *she'd* had all day was Diet Coke. At the gym, some of my sisters would work out for *hours*. I never got off a machine before them, even when I felt like I'd pass out. Something had changed in me, and I felt like I *had* to keep up.

"One girl would brag about how little she ate"

One day I went shopping with a few of my sisters. I was shocked that I fit into size 00 jeans, but the girls clapped and said, "Welcome to the size zero club!" It was the first time I realized I was addicted to the competition. In high school, my identity had always been 'the dancer'—but in college, I was just 'the sorority girl,' and I felt like I had to fit this new role *perfectly* or else I'd just get lost in the crowd. Dieting had become the only thing I felt good at, and I didn't want to fail.

Then over Christmas break, I was shopping with a friend when I collapsed and had to go the ER—I was severely dehydrated and the lining of my stomach was starting to eat itself. But even *that* didn't get me to change. My real breaking point came last summer, when I got so thin that my parents checked me in for ED treatment and I had to get a feeding tube in my nose and nutrients pumped into my body through an IV. I decided to take a year off from school to focus on getting better. One day I'd like to be able to go back to school, but right now I need to be away from the negativity of a sorority to be able to get back to the girl I really want to be."

—leah, 21, texas



wasting away
Leah keeps pictures of herself at her thinnest as a reminder of what she doesn't want to become again.



"I followed her lead—and spun out of control."

I met Becca* at cheerleading during my freshman year, which is also when I started restricting my food. Becca had a full-blown ED and was always in and out of the hospital. Early on at a cheerleading dinner, she was complaining about how gross the pasta was and so was I. We refused to eat it—really, because we thought it was fattening—and it was like we had an instant bond. We quickly became good friends—and I started taking on her ED habits in addition to mine. At team dinners, she'd make up food allergies and destroy her food, and I'd copy her. She pointed me to 'pro-ana' sites, which had scary tips for

*Name has been changed.

support in sisterhood

One sorority is leading the way to put an *end* to EDs:

Not all sororities or groups of girls are destined for eating disorders. There's an amazing power in positive groups, like the Delta Delta Delta sorority that recognized the danger of "fat talk"—talking about your body or anyone else's with judgment—and launched an online pact to stop it: "Today, I promise to eliminate fat talk from conversations with my friends, my family, and myself." Add your name to the pledge at endfattalk.org.

how to be anorexic. By the end of my sophomore year, my ED was spiraling out of control. My dad took me to a doctor who diagnosed me and put me in treatment, but I wasn't ready to recover yet.

Then one day in group therapy, my facilitator said something that changed my life. 'If there were 10 girls with anorexia in this room, one would die.' That meant Becca could die; I could die. I burst into tears and finally realized that my ED was not something worth losing my life for. I decided I had to *really* start fighting.

In therapy I also learned that I had a genetic predisposition toward an ED. Eating disorders run in my family, and for people like me, things like talking about EDs—or in my case, meeting a friend with one—can trigger EDs or make existing symptoms worse. I've also realized that while people can guide you in a negative way when it comes to EDs, they can also guide you in the right way during recovery. Now I try to surround myself with helpful influences. I recently did a walk to raise money for National Eating Disorders Awareness (NEDA), and felt so hopeful to be around people who have conquered EDs. I know their influence can impact me in a good way just as much as Becca's affected me in a dangerous one."

—michelle, 17, new york

"We helped each other self-destruct."



"My mom and sisters are all critical of their bodies, so I got the idea from a young age that being thin is important. I started skipping meals in the eighth grade; by sophomore year, I was going between fasting, bingeing, purging, overexercising, and chewing and spitting.

Then junior year, I met Erika*. We were both deep into our EDs, but being together made them so much worse. I trusted her because she was going through what I was—but our trust just became a silent agreement to continue our EDs without stopping each other. Friends would see me restricting food and tell me that Erika was bad news for me, but that made me want to hang out with her more—with her, I felt understood. In reality, we were sharing our unhealthy tips: I paid attention to her 'safe' foods (foods that wouldn't put weight on) and I promised myself I'd never eat more calories than she did. I began doing everything with Erika and we completely isolated ourselves from the outside world. We even started spending our lunch breaks in the College and Career Office so we'd have an excuse to skip having lunch with everyone else. When we were together, my weird behaviors became normal—there was nothing wrong with not eating for two days or throwing up everything.

Erika went in and out of treatment, and I was in therapy, but it didn't help since I wasn't willing to let go of my ED. I managed to keep my grades up, but Erika's dropped so far that she didn't get to finish senior year. I went to college and she began senior year again.

Being in college with an ED was a disaster. I couldn't focus on anything. Erika came to visit and I figured we'd fall into our way of making each other feel normal, but for the first time, things were awkward. When she left, I had a wake-up call that our EDs were one of the very few things connecting us. Admitting that was devastating, but it was also a turning point: Erika was a link to my eating disorder, and without her, I realized that I needed to help myself and get serious about my therapy. I was admitted to an eating disorder inpatient unit for a week, then moved to a partial hospitalization program. Now I'm in an outpatient program. There's a part of me that misses Erika so much. But I realize now that our friendship was destructive and that I can't help her, or anyone else, until I take care of myself."

—lauren, 18, wisconsin

"We were sharing our unhealthy tips"

WARNING SIGNS

The first step to stopping EDs from "spreading" in your group is knowing what to look for.

freaky eating

Your friend(s) start avoiding lots of foods, skipping meals, playing with and destroying food, purging food, or restricting calories.

body obsession

Your friends frequently comment on how "fat" they look—or talk about fat, calories, food content, weight, diets, or size.

constant comparing

They compare how much they've worked out or talk about measurements or body parts to see who's skinnier.

body snarking

They're always commenting on other girls' bodies because, deep down, they're so laser-focused on their own.

red-flag phrases

Saying things like "I hate myself, I'm so fat!" or "I can't believe you're going to eat that" are signs that something is off.

GET HELP: For more info on eating disorders and how to get help, go to nationaleatingdisorders.org or call NEDA's National Helpline at 800-931-2237.



red flag
Stop picking apart your friends' bodies!

17 EXPERTS: Lynn Greffe, M.A., the CEO of the National Eating Disorders Association (NEDA); Jessica Setnick, M.S., R.D., C.S.S.D., an eating disorder expert, registered dietitian, and the author of *The Eating Disorders Clinical Pocket Guide* (Snack Time Press, 2005); Sari Shepphird, Ph.D., a clinical psychologist specializing in eating disorders and the author of the book *100 Questions & Answers About Anorexia Nervosa* (Jones and Bartlett Publishers, 2009); Jenni Schaefer, the author of *Life Without Ed* (McGraw-Hill, 2003) and *Goodbye Ed, Hello Me* (McGraw-Hill, 2009) and a consultant for the Center for Change and Ambassador for the National Eating Disorders Association (NEDA).

www.journal-plaza.net & www.freedowns.net

weekend

cheap

spring break FUN

Staying at home over spring break? You can still have a blast without going broke!
BY NEHA GANDHI

INSTANT
PARTY

bring the beach to you!

It will be just like laying out at the beach, except you won't get sand in all your stuff.

Push back the couch and put out brightly colored towels, magazines, and fun beach reads for an indoor day of laying out. Crank up the heat so everyone can hang out in swimsuits and cover-ups!

DIY
HOTNESS

get beachy hair

Spray a few squirts, scrunch, and get perfect tousled waves!



2-STEP
RECIPE

make tropical drinks!

Pretend you're poolside with Pomegranate Lemonade Spritzers from Claire Robinson, host of Food Network's *5 Ingredient Fix*!



INGREDIENTS

- 1 1/2 cups pomegranate juice
- 3 cups lemonade
- 1 cup seltzer water
- 4 lemon wedges

PREPARATION

- 1 Pour pomegranate juice into an ice cube tray and freeze overnight.
- 2 Put three or four pomegranate ice cubes in each glass. Pour lemonade over ice cubes and top with seltzer water. Add lemon wedges to garnish. Serves four.

SWEET
DEAL

make an inspiration board!

Turn your favorite warm weather pics into a collage and get excited for spring fun!

10% OFF

your prints at **picnik.com** when you enter the code **Picnik10**.

Before you make your collage, add fun graphic effects and decorate each pic with stickers and quotes, to make it feel even more personal!

Other restrictions apply. See page 137 for more details.



picnik

READER TIP

play wet twister

"My friends and I take the Twister mat outside and hose it down before we play. You end up slipping all over the place! Plus, it's a great excuse to invite the guys over for something fun outside."

—lindy (left), 21, sherman, tx



FREE
FUN



500 WINNERS GET A
**FREE COPY OF PROJECT
RUNWAY FOR Wii!**

Design your own clothes, dress a model, and then have her walk the runway, before facing the judges. Go to seventeen.com/freebies to enter. See page 137 for more details.

MAIN PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTING.COM. MAKEUP: CLAUDIA LANE FOR NARS COSMETICS/CONTACTING.COM. MODELS: (LEFT) TANK, LUNADA BAY CORP. SHORTS: FOUR SEASONS. SWEET DEER PRINTS & COLLAGE: CLAIRE S. NICHOLSON FOR CLOUTIER/CLUTIER.COM. SUNGLASSES: HAT, AND BAG, ALL STYLIST'S OWN. BANGLES: ALL LULU'S. "GET BEACHY" HAIR: PHOTO: BLOSSOM BERNIKOFF. STILL LIVES: (GLASS) ELIZABETH WATT; (SALT) IMAGE SOURCE; (SPRAY BOTTLE) JAUNTY JUNG; (INSPIRATION BOARD PHOTOS) SHUTTERSTOCK.

INSTANT
PARTYmake a
mess!

Have fun just like you
did when you were a kid
with a paint party!

Steal Katy
Perry's
birthday-bash
idea! Have all
your friends
come over
dressed in white, cover
the floors and furniture
with old sheets, and
paint each other with
finger paints. You get to
go a little nuts and walk
away with a new outfit
that feels kind of like art!



Katy Perry &
Russell Brand

Taylor Swift
could totally
go out in this!

2 INGREDIENT
RECIPE

try a new treat!

Your friends will love these ooey-goey
stuffed crescents from Sandra Lee, author
of *Semi-Homemade Weeknight Wonders!*



INGREDIENTS

1 package crescent rolls
Shredded sharp cheddar cheese

PREPARATION

- 1 Preheat oven to 350° F.
- 2 Unroll and separate the crescent dough. Scoop three tbsp. cheese into the center of each piece.
- 3 Starting from the wide end, roll up to enclose the filling.
- 4 Bake (on an ungreased baking sheet) for 20 minutes and eat!

SWEET
DEAL

save on late-night food

After all that painting, go out for a postparty
treat. Denny's is open all night long!



Try a Denny's Rockstar menu item
(like the yummy Hooburrito) and get

20% OFF

your check between 10P.M. and 5A.M.!



88880526

One coupon per check per visit. Not valid with any other coupons, Right On The Money™ items, Everyday Value items or other promotional offers. Not valid on National holidays.

Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating restaurants only. Selection and prices may vary. Only original coupon accepted. No substitutions. Restrictions apply.

©2010 DFO, LLC. Printed in the U.S.A. OFFER EXPIRES 03/15/2010.



READER TIP

go on a photo hunt!

"Split up into two teams and give all your friends a list
of stuff to take pictures of (you have to be in every pic!).

My friends and I come up with the most random
things, like a toy car or twins, and meet back after two
hours to see who's gotten the most stuff."

-priyanka (right), 18, atlanta, ga

Giveaway Rules

NO PURCHASE NECESSARY. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States or District of Columbia. Void in Canada, Puerto Rico, and where prohibited by law.

HOW TO PARTICIPATE IN THE LIFE IS PINK DELUXE FRAGRANCE SAMPLER GIVEAWAY (page 25): Beginning February 9, 2010, bring the March 2010 cover of Seventeen or a printout of the seventeen.com home page to any participating Victoria's Secret store to receive a Life is PINK Deluxe Fragrance Sampler (three fragrances, created specially for Seventeen readers). Approximate retail value: \$30. Twenty-five thousand (25,000) will be given away. Go to seventeen.com/lifeispink for a list of participating stores. One per person. Giveaway ends March 8, 2010, or while supplies last. Once all fragrance samplers are distributed, there will be no substitute product given away.

Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the number of eligible entries received.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 12): Go to survey.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a \$500 American Express Gift Card, and five (5) winners will receive a \$100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at survey.seventeen.com.

HOW TO ENTER THE MARCH DAILY BAG SWEEPSTAKES (page 16): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, March 1, 2010, through 11:59 P.M. ET, March 31, 2010. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER SEVENTEEN'S SHOPPING SPREE SWEEPSTAKES (page 24): Go to shopping.spree.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions, beginning at 12:01 A.M. ET, February 1, 2010, through 11:59 P.M. ET, January 31, 2011. One (1) Grand Prize Winner will win \$10,000 cash. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at shopping.spree.seventeen.com.

HOW TO ENTER THE STYLE COUNCIL NIKON CAMERA SWEEPSTAKES (page 50): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, March 8, 2010. One (1) winner will receive a Coolpix S70 digital camera from Nikon (approximate retail value: \$350). Must be 13 years or older. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER SEVENTEEN'S JEAN PAUL GAULTIER FOR TARGET DRESS SWEEPSTAKES (page 54): Go to seventeen.com/freebies and complete the entry form beginning at 12:01 A.M. ET, March 1, 2010, through 11:59 P.M. ET, March 31, 2010. Nine (9) winners will receive a Jean Paul Gaultier for Target yellow dress. Must be a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SPRING MAKEUP SWEEPSTAKES (pages 62-65): Beginning 12:01 A.M. ET, February 9, 2010, through 11:59 P.M. ET, March 8, 2010, go to seventeen.com/beautydeals, and complete and submit the entry form pursuant to the on-screen instructions. Five (5) winners will win a \$250 gift card to Sephora; another five (5) winners will win a \$100 gift card to Dillard's; another five (5) winners will win a \$50 gift card to drugstore.com. Total approximate retail value for all prizes awarded: \$2,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MARCH ALL ACCESS SWEEPSTAKES (page 78): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, March 8, 2010. One (1) winner will receive a Sarita Bag (approximate retail value: \$55) from Dakine, and Gail Tank (approximate retail value: \$54), Debbie Halter Tank (approximate retail value: \$56), Karen Capris (approximate retail value: \$68), and Chloe Pant (approximate retail value: \$78) from Reese Activewear. Total approximate retail value for all prizes awarded: \$311. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE DEAR JOHN SWEEPSTAKES (page 88): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, March 8, 2010. One hundred (100) winners will receive a copy of *Dear John* by Nicholas Sparks (approximate retail value: \$8). Total approximate retail value for all prizes awarded: \$800. Must be 13 years or older. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE PROJECT RUNWAY FOR WII SWEEPSTAKES (page 135): Go to seventeen.com/freebies, beginning at 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, March 9, 2010. Five hundred (500) winners will receive one copy of Project Runway for Wii. Approximate retail value: \$50. Must be a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

Contest Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted.

HOW TO ENTER SEVENTEEN'S ULTIMATE LOOK CONTEST (page 64): To enter: (i) Complete and submit the online entry form at seventeen.com/ultimatelook beginning at 12:01 A.M. ET, February 9, 2010, through 11:59 P.M. ET, April 9, 2010; or (ii) send us your entry with your name, address, birth date, and telephone number to: Seventeen's Ultimate Look Contest, 300 W. 57th St., 17th Floor, New York, NY 10019. Entries must include one close-up color photo of your face wearing your makeup look 50 percent of the products you use must be by Rimmel London and instructions for how to re-create the look. One (1) winner will receive a trip for two to London, with a stopover in New York, NY, and a Rimmel London gift basket. Approximate retail value of grand prize: \$7,500. Must be female and between 16 and 23 years old. Contest is subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE BEST-DRESSED SORORITY IN AMERICA CONTEST (page 92): Beginning 12:01 A.M. ET, February 2, 2010, through 11:59 P.M. ET, March 2, 2010, go to seventeen.com/sorority and complete and submit the entry form pursuant to the on-screen instructions and include three different pictures of your sorority showing your chapter's style and a 100-word essay explaining your sorority's style. Each of the members of one winning sorority chapter will receive a \$100 gift card from JCPenney (but no more than 100 gift cards will be awarded). Open to sorority chapters located in the 50 United States and the District of Columbia and whose members are between 17 and 25 at time of entry. Contest is subject to complete Official Rules available at seventeen.com/freebies.

Coupon Details

HOW TO USE THE PICNIK PROMOTIONAL CODE (page 135): In order to receive the 10% discount on print orders at Picnik.com (through printing-parner QOOP) featured on page 135, enter promotional code **PICNIK10** at checkout. Offer based on merchandise total and does not include taxes or any additional charges. This offer is not limited to one-time use. Offer not applicable on previous purchases. Offer valid from February 2, 2010, through March 31, 2010.

WHY NOT YOU?
Win an all expense paid trip to
NEW YORK CITY for your very own
PHOTO SHOOT!

Barbizon 1-561-362-8998
barbizonmodeling.com

★ **Camp Pennbrook** ★ 2010
The World's Only Exclusive All Girls Weight Loss Camp
*Transform yourself in a summer...
Make friendships for a lifetime!!!*

(800) 442-7366
CAMP.PENNBROOK.COM

CITIZENS' HIGH SCHOOL
Earn Your Diploma In As Little As Four Months!

- Nationally Accredited • Self-Paced Learning
- Grades 9-12 • Home Study
- Visit Us At www.citizenschool.com

For a Free Brochure, Call Dept. S Toll Free:
1-800-736-GRAD
ORANGE PARK, FLORIDA

HIGH SCHOOL DIPLOMA!

Study from your home!
No classes to attend!

1-800-532-6546 ext. 72
www.continentalacademy.com

Chat With A Hottie...

it's fun...
flirty...
and free!

Espin.com

Get Your Future Started!

Take your online audition at
jcasablancas.com
or contact us!
1.800.416.5521
John Casablancas
MODELING & CAREER COACH

Direct Response Advertising
Contact: Jacqueline Abram
212.649.2934
jabram@hearst.com

GET FAST, AFFORDABLE CAREER TRAINING

Learn at home with Penn Foster Career School

Get the skills you need to succeed in an exciting, moneymaking, new career. You can complete most of our programs in as little as 12 months or less, and we offer 0% APR financing and customized payment plans. Penn Foster is nationally and regionally accredited.

For FREE information
1-800-572-1685 ext. 6614
Call anytime, 24 hours a day, 7 days a week
www.PennFoster.edu
Online enter ID# AWHSZT
Or mail this coupon today!

**JUST NOW
AND SAVE UP TO
33%
Expires 10/31/10**

PENN FOSTER
CAREER SCHOOL
Dept. AWHSZT
925 Oak Street
Scranton, PA 18515-0700

Please send me **FREE** information on the Career School program I have selected below. No obligation. **Choose ONE only.**

- | | |
|--|--|
| <p>HEALTH</p> <ul style="list-style-type: none"> ☐ 443 Certified Personal Trainer ☐ 03 Child Day Care Management ☐ 413 Child Psychology* ☐ 24 Dental Assistant ☐ 381 Medical Coding and Billing ☐ 23 Medical Office Assistant ☐ 39 Medical Transcriptionist ☐ 383 Occupational Therapy Aide ☐ 84 Pharmacy Technician ☐ 146 Physical Therapy Aide ☐ 461 Sports Nutrition* ☐ 88 Veterinary Assistant <p>TECHNOLOGY</p> <ul style="list-style-type: none"> ☐ 105 Computer Graphic Artist ☐ 83 Web Page Designer | <p>FINANCE & BUSINESS</p> <ul style="list-style-type: none"> ☐ 390 Bookkeeping ☐ 15 Home Inspector ☐ 08 Paralegal ☐ 70 Small Business Management <p>HIGH SCHOOL</p> <ul style="list-style-type: none"> ☐ 07 Penn Foster High School ☐ 750 Penn Foster High School w/ Health-Care Concentration <p>OTHER EXCITING PROGRAMS</p> <ul style="list-style-type: none"> ☐ 12 Interior Decorator ☐ 58 Private Investigator ☐ 26 Teacher Aide <p>* Certificate Program</p> |
|--|--|

Name _____ Age _____
Street _____ Apt. # _____
City/State _____ Zip _____
Phone () _____ Email _____

Just \$0.99-\$1.99/mo depending on carrier. Sprint/Nextel \$19.99/mo

FUN TEXT CHAT
Safe, Cool & Flirty

LET OUR FINGERS DO THE TALKING

Text the word: GUYS to: 74447

14+ Just 99¢/texting (incl. 1¢/text). Texting. Verizon Wireless, \$1.99/mo (AT&T, Verizon, Boost, Sprint \$19.99 monthly subscription. Neutral carrier fees apply. Credit approval on cell bill or direct bill or prepaid balances. Help call: 1-866-627-3110. End: text stop to 74447. Texttoonline.com)

FASHION CLUB .com

**Fashion Tips!
Creative Careers!
Cool Prizes!
DIY Projects!
Scholarships!**

Join now it's free!

Sponsored by **FIDM**
Fashion Institute of Design & Merchandising



TRAUMARAMA!

Everyone has had humiliating moments.

burst my bubble

"I was sitting across from my crush in the middle of class, and I had a really bad cold. He told me something funny and as I started laughing, a huge snot bubble formed and popped right in front of him! I immediately covered my face and turned, hoping he didn't see it, but when I looked back, he gave me this totally disgusted look!"

offensive rebound

"In gym, we were shooting free throws, and I decided to 'pants' my friend, but her shorts' string was tied so tight, they wouldn't come down. Later on in the class, the boys came in to watch us play. I was playing with some other girls and right when I shot a three-pointer, my friend came up behind me and pulled my shorts down while I was still the air! I was so happy I made the

shot, but everybody (including my crush) saw everything. And I wasn't even wearing cute panties!"

what a bummer

"Last winter I had to go to the doctor because my butt was very itchy. He told me I had hemorrhoids (gross!) and suggested I get Preparation H at the drugstore. So I went right after my appointment, and as I was looking for

it, I saw one of my teachers looking at the ointments too! It was really awkward, and then she even recommended that I try the same ointment that she was getting. Ew!"

candid camera

"I was video chatting with a really close guy friend. He is one of the hottest guys in school, and I'd had a crush on him for a while, but I wasn't ready to tell him. While we were in the middle of our chat, my mom came in and told me to get changed to go to the store. I said goodbye to him but forgot to turn off the webcam. I realized *after* I'd taken off my shirt that he was still there and caught a glimpse of me topless! He was all red when I saw him in school the next day!"

foul play

"My group of friends and I were playing touch football in the park and things were going great. My crush was on the same team as I was, and we were winning! I grabbed the ball and ran with it to make another score for our team. My crush was cheering me on, and I got so excited that I didn't notice a hole in the ground—I tripped and fell flat on my face! The game stopped and everybody came over. I stood up, acted cool, and wiped some mud off my face, only to realize it was actually dog poo! The smell was so gross, and everyone, including my crush, jokingly called me Poopy Face the rest of the day. Ugh!"

all caught up

"I was wearing a hooded jacket one day, and while at my locker, my friend told me my crush was coming. I quickly

ELEMENT OF SURPRISE

"In science, we were studying the gasses on the periodic table. My friends and I were joking about how boring the topic was. I reached over the lab table to get my book and accidentally let out an audible toot. An annoying guy shouted out, 'Which gas would you classify that as?' Everyone in the room laughed. I wanted to hit him and die!"

SECRET FILE

“One day I had to present something in class on the projector using my laptop. When you're plugged into the projector, everyone in the class can see your computer desktop. I realized—after everyone had seen it—that I had a folder named Sexy Pics! Everyone burst out laughing, and as I was trying to explain that they were just pictures of my friends that I had named as a joke, my teacher glared at me and told me to see her after class. I could barely make it through the presentation!”

turned around and kicked the locker door closed with my foot so I could say hi. He said, 'Hey,' and leaned in to hug me. I tried to lean in too but couldn't go anywhere and felt a weird tug behind me. He gave me a quick, awkward hug, like the way you'd hug your grandmother. Then he looked behind me, and said, 'You know your hood is caught in the locker, right?' And all I could do was laugh nervously and try to get myself free.”

gossip girl

“My friend and I went to my crush's basketball game to watch him. I was talking about how cute he looked in his uniform and how he was so hot. The woman in front of us kept turning around, looking at me, and smiling, but I didn't think anything of it. The next day, he came up to me and said, 'So I hear that you sat behind my mom at the game and that you think I'm cute!' It would have been worth the humiliation if he'd asked me out, but he just laughed and walked away!”

sticky situation

“I was at a football game with my friend. We spotted some guys from school, so we sat next to them. But as soon as I sat down, they all started laughing. I asked them what was so funny, but they were cracking up so hard that they couldn't speak. I sat there looking at them with suspicion when one of them finally told me that I had just sat on a huge wad of gum. I tried standing up and there was a long strand of gum linking my jeans to the bleacher. My friend had to pick it off before I ran to the bathroom in embarrassment.”

game over

“My boyfriend, Mike, and I were watching the World Series at two separate places. (He's a Yankees fan and I'm a Phillies fan, so we would have killed each other if we'd been together.) I got a Phillies-bashing text from a phone number I thought was his brother's. (We always joke around with one another.) I replied back, bashing him for liking the Yankees, and inserted a few F-bombs. A few minutes later, I got a text saying, 'Um, it's Mike's dad. Now I know not to mess with you about sports anymore!' Whoops! Luckily he didn't forbid me from seeing his son, but family dinners were pretty awkward for a few weeks afterward.”

so you think you can dance

“My best friend and I went to Starbucks to meet some friends. As we were parking, my favorite song came on the radio, so naturally my friend and I started singing really loudly and dancing like idiots while we sat parked in the car. All of a sudden, my friend stopped singing and dancing with me and got a horrified look on her face. I turned around, and my crush was standing right outside the window, tapping on the glass laughing at me. Even though he told me I had good moves, he had still seen the entire thing, which was awful!”

seventeen
coming next month

THE HAIR ISSUE

PRETTY styles,
COOL cuts,
CELEB secrets,
AND MORE!



go green!

Easy, fun
ways to save
the planet!



ON SALE

MARCH 9

Seventeen (ISSN 0037-301X) is published monthly with combined issues in December/January and June/July, 10 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Volume 69, number 03. Frank A. Bennack, President and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Chief Financial Officer and Treasurer. Hearst Magazines Division: Cathleen P. Black, President and Group Head; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan, Jr., Vice President and Group Controller. © 2010 by Hearst Communications, Inc. All rights reserved. *Seventeen* is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at N.Y., N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$20 for one year. Canada: \$20 for one year; all other countries \$30 for one year. Subscription Services: *Seventeen* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 7024, Red Oak, IA 51591. For subscription inquiries and customer service, visit service.seventeen.com or write to Customer Service Dept., *Seventeen*, P.O. Box 7186, Red Oak, IA 51591-0186. *Seventeen* is not responsible for unsolicited manuscripts or art. None will be returned unless accompanied by a self-addressed stamped envelope. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Send address changes to *Seventeen*, P.O. Box 7186, Red Oak, IA 51591-0186. Printed in the U.S.A.

MARCH by sally brompton HOROSCOPES



pisces **Feb 19–Mar 20** You can get lost in your own little dreamworld at times—your girls have learned to expect it! But when the moon turns full on the 30th, a close friend will be really down and reach out to you. After a long chat—and one of your warm Pisces hugs!—she'll feel so much better. You too!

aries

Mar 21–Apr 19

You feel ready for a new guy, so where is he already?!? Let's face it: You've let your lingering feelings for an ex hold you back from *really* looking for someone new. On the 20th, the sun will prompt you to delete your ex from your cell so you can move on. A better guy is on the way!

taurus

Apr 20–May 20

You and a cutie in your group have been circling each other *forever*, but you still can't decide if he's BF material. On the 7th, Venus and Mars will push you to hang out with him one-on-one, and you'll finally see if this flirtation could lead to something *real*.

gemini

May 21–Jun 20

Your group has been trying to hammer out spring-break plans, but no one can agree on where to go. Luckily, Uranus will send you a bolt of inspiration on the 15th and you'll come up with a plan that *everyone* will love. Get ready for an awesome vacation, Gemini!

cancer

Jun 21–Jul 22

A shy guy has been crushing on you for ages, but you've been too wrapped up with school and your friends to notice. So keep your eyes peeled on the 9th, when Venus makes his signals crystal clear. This sweetie is worth a second look.

leo

Jul 23–Aug 22

One of your girls has been stirring up drama lately, but she doesn't seem to notice that everyone is sick of it. On the 20th, Pluto will urge you to confront her, and you'll give her a reality check when no one else will. It's tough, but your friends will be so grateful!

virgo

Aug 23–Sep 22

It's taken you a while to get up the nerve to ask out your crush, but you're finally ready! Just FYI: Mercury will be messing with cells and e-mail until the 17th. To avoid crossed signals, wait until the 18th to text him. Or better yet: Just ask him out in person!

libra

Sep 23–Oct 22

You're the friendliest sign in the zodiac, and thanks to Venus, your popularity is about to soar to even greater heights! Between the 7th and 31st, you'll get a ton of chances to hang out with cool new people, then be flooded with FB invites. Accept, accept!

scorpio

Oct 23–Nov 21

Ever since your BFF got a new boyfriend, she's been MIA. You have to admit, you miss her—and wish you had someone special too. Good news: Thanks to Venus, you'll meet a great new guy on the 4th. You and your friend will be going on double-dates before long!

sagittarius

Nov 22–Dec 21

Recently one of your friends has been in a funk, and her bummed attitude is starting to bring you down. Luckily on the 10th, Mars will send you an amazing idea to cheer her up, and you guys will have more fun together than you've had in a long time!

capricorn

Dec 22–Jan 19

There's no project you can't handle—the bigger, the better! On the 15th, the new moon will bring you a chance to head up a major event at school. (And who'd be a better prom-committee chair than a natural leader like you?) You'll get in there and make it happen.

aquarius

Jan 20–Feb 18

Your BF has been kind of distant lately, and you're starting to freak out a little! Just hold on until the 17th, when the sun and Uranus help you figure out what's really been going on with him. You guys will be stronger than ever once you talk it out!

live life in
complete
comfort

you could **win** a custom
room makeover

from *Playtex*
GentleGlide.

\$3,500 Grand Prize

Create the ultimate, comfortable
setting for you and your friends with
everything from couches to comforters.

\$25 Daily Prizes from *Wake Up
Frankie*

Enter today at:
gentleglide.com/roommakeover



360°™ design conforms to you for a perfect fit.
Ultimate Comfort. Ultimate Protection.

NO PURCHASE NECESSARY TO ENTER OR WIN. MAKING A PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. MUST BE A LEGAL RESIDENT OF THE 50 UNITED STATES/D.C. PARTICIPATION RESTRICTED TO FEMALES, 13 TO 24 YEARS OF AGE AS OF 2/9/10 *(EXCEPT IN MAINE; SEE DETAILS BELOW). FEMALES UNDER THE AGE OF 18 MAY PARTICIPATE WITH PRIOR CONSENT OF A PARENT/LEGAL GUARDIAN. *MUST BE FEMALE 18 TO 24 YEARS OF AGE IF A RESIDENT OF MAINE. VOID OUTSIDE THE 50 U.S./D.C. & WHERE PROHIBITED. The Sweepstakes starts at 12:00:01 p.m. Eastern Time ("ET") on 2/9/10 and ends at 11:59:59 a.m. ET on 4/2/10 ("Promotion Period"). For full Official Rules and to enter: visit www.gentleglide.com/roommakeover. Limit one (1) entry per person/household/e-mail address per day. A total of fifty-three (53) Daily Prizes (each a \$25 gift card) and one (1) Grand Prize (a \$3,500 gift card) will be awarded. Total Approximate Retail Value of all prizes is \$4,825.00. Odds of winning a Daily Prize depend on the number of eligible entries received each day of the Promotion Period. Odds of winning the Grand Prize depend on the total number of eligible entries received throughout the entire Promotion Period. Please see full Official Rules for entry periods, prize specifics, and drawing details. Subject to full Official Rules. SPONSOR: Playtex Products, LLC, 6 Research Drive, Shelton, CT 06484

Playtex is a licensed trademark. All other trademarks are property of the respective owners. ©2010 Playtex Products, LLC

www.journal-plaza.net & www.freedowns.net



MACY'S DKNYJEANS.COM

DKNY JEANS

www.journal-plaza.net & www.freedowns.net